

Tools for Future Leaders
the importance of compassion in healthcare:
using the [Ten Minute Pause](#) as a tool to support your team

Compassion and leadership are linked

Compassion is important for our patients, for us as practitioners and for our organisations. There is a growing evidence base that where compassion is demonstrated in healthcare interactions, patients do better, and clinicians and teams do better.

Compassion is beneficial *to the person demonstrating it*, as well as the person receiving it i.e., practising compassion in patient interactions is one remedy for burnout. Clinicians report lack of time as being the biggest barrier, and fear that compassionate interactions will generate more follow-up. The evidence shows the opposite: that embedding compassionate communication into patient interactions doesn't have to take long and improves patient compliance and outcomes (TEDx: [How 40 seconds of compassion could save a life](#)).

Compassion is thus an integral part of leadership: indeed '[compassionate leadership](#)' forms the structure of our leadership offer in Y&H.

What is it?

The 10-minute pause is a scripted, time bound opportunity to connect with others, and attend to yourself. If you are interested in experiencing a 'compassion practice' at work and learning how to introduce one to your team, I am running a '[10-minute pause](#)' session for FLP fellows and alumni.

Who can attend and how?

Any FLP fellows/alumni are welcome, and no prior experience of this tool is necessary. The only requirement is having a zoom account up and running, and being somewhere quiet where you can think, listen, and participate. There will be a maximum of 8 participants in a session – please book a place via Maxcourse. It is important that if you cannot make it, you cancel your place in good time so that someone else can take it.

More info on compassion and healthcare

If you are interested in the evidence base here is quick look at [what Wales is doing](#) in launching national strategy on compassion in health & care. Or you may wish to watch [this](#) grand round 'The scientific evidence that caring makes a difference' from one of the US authors of [Compassionomics](#).

What do others say after taking place in a ten-minute pause?

"It is such a simple format and I found it so powerful. It felt really supportive."

"I felt really connected to the others in the group even though I didn't know them well beforehand."

"It was helpful realising you don't need to solve anything for anyone, you can just listen, and that is supportive."