



# The Australian Compassion Council Oversees its Intention to Deep Dream Australia A Continent for Compassion by:

Imagining and making our own stories of compassion

Identifying gaps, mapping, resourcing, developing projects

Telling of the stories of compassion across the Australian  
Continent

Sharing and advocacy, marketing, social media

Linking these stories for national and global collaboration and  
impact

Connecting partners, mediating on a national basis

The Australian Council implements these aims through its:

1.Compassionate Cities Program

2.Applying Compassion in the Charter sectors

3.Through its National Day of Compassion

4.In its contribution to the Global Charter for Compassion

# ACC AMBASSODORS



National Ambassador  
- Hugh Mackay

Indigenous Advisor –  
Al Harris

Inaugural  
Ambassador – Dr  
Ursula Stephens

**DEEP DREAMING AUSTRALIA**  
**A CONTINENT FOR COMPASSION**



**DEEP  
DREAMING  
AUSTRALIA:  
A  
CONTINENT  
FOR  
COMPASSION**

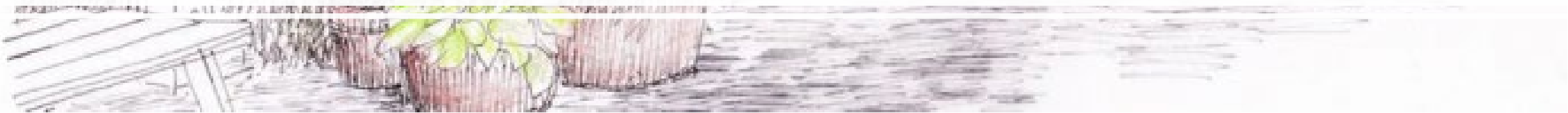
# DEEP DREAMING



- The work of the Australian Compassion Council is guided by our intention to 'Deep Dream' Australia A Continent for Compassion.
- Included an Indigenous perspective in our national day live event to raise the issue of compassion in truth-telling, treaty, and voice.
- ACC members were invited to take part in the discussions organised by Unity Earth on the return of the remains of Mungo Man and Mungo Lady.
- Compassion was highlighted by our Indigenous Advisor Al Harris' moving statement at one of the vigils around Australia for Cassius - a young aboriginal boy who was murdered.



**GROWING OUR COMPASSIONATE CITIES**



# COMPASSIONATE CITIES WORK



CHARTER FOR  
COMPASSION  
AUSTRALIA

- Compassionate Ballarat hosted a collective trauma forum at the Ballarat Art Gallery that brought together speakers from Compassionate Belfast, the European Forum for Restorative Justice, and the US Human Values Institute to discuss the ways in which cities are responding to collective trauma events such as COVID, floods and fires. The outcomes were written up into a report that encourages local councils to move towards healing-focused communities, by including recommendations around compassionate design. In 2023 meetings with Mayors will be sought to discuss these recommendations in more detail.
- Compassionate Gold Coast was recognised by the Baha'i community for its work in the community.
- City of Ballarat Youth Awards attracted one hundred young people who were recognised for their commitment to the community. Millie Collins won the Compassion and Care award sponsored by Compassionate Ballarat. CB's 2022 report is available here: <https://irp.cdnwebsite.com/6d8925e5/files/uploaded/CB%202022%20Report.pdf>



C O M P A S S I O N

APPLYING COMPASSION THROUGH THE SECTORS





# BUSINESS — COMPASSIONATE LEADERSHIP

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# BUSINESS SECTOR



- In 2022 ACC members ran a number of events on Compassionate Leadership.
- In the conversation *What Stops Virtue?* - Gwen Pinnington and Mark Crossweller discussed the universality of our susceptibility to be harmed or to suffer, or in other words, to be vulnerable. They explored how vulnerability is something that establishes the basis of relatedness. Insights were drawn from recent empirical research undertaken which included over 80 disaster management leaders from Australia, New Zealand, and the United States – leaders who spend a lot of time in the space of harm, suffering and compassion.
- *The Business Case for Compassion* - this conversation included senior business managers in conversation with Gwen Pinnington, reflecting on their individual perspectives of compassion and how it's been applied, leveraged, and shared to better influence their leadership and outcomes.
- The Ballarat CEO group continued to support CEOs across the city to provide extensive resources and material on how to apply compassion in organisations. Also ran a face-to-face forum with the National ACC Ambassador Hugh Mackay on the organisational aspects covered in his recent book *The Kindness Revolution*.



# EDUCATION SECTOR



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ACC member Dr Sue Sumskis, organised a global online conversation with the Venerable Dr Juewei Shi and Dr Nadine Levy to discuss the case for compassion as a topic within the education curriculum; new developments in contemplative and compassionate online pedagogies; and how to effectively measure outcomes such as compassion in an education setting.

Compassionate Ballarat partnered with Loreto College Year 12 students Davin Murray, Hailey Harman and Ella Hansen to develop the 2022 Compassionate Heroes eBook. The students created a book of inspirational stories of compassion from students at eight of Ballarat's primary and secondary schools. The book was distributed to Local, State & Federal members with a request they promote these examples of compassion in action in their community presentations.



# Compassion in Healthcare

# HEALTHCARE SECTOR



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- Dr Debbie Ling led the development of the award-winning Monash University "Compassion Training for Healthcare Workers" online course. Prof Craig Hassed and Dr Richard Chambers are co-facilitators on the course. The course was delivered 5 times in 2022 and 388 healthcare workers from around the world have completed it.
- Dr Ling also gave presentations on compassion and common humanity to multiple healthcare organisations including Eastern Health, Monash Health, Turning Point, Centre for Mental Health Learning and Safer Care Victoria.
- Terry Ayling continued to explore national and global links with Public Health and Palliative Care International with respect to its Compassionate Communities agenda. One expression of this is Terry's facilitation of the memorial wall gatherings at the Gold Coast's University Hospital and Robina Hospital.



# SOCIAL JUSTICE

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# SOCIAL JUSTICE SECTOR



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- **Intercultural Cities** - Compassionate Ballarat was acknowledged in the City's 2022 Intercultural Cities Strategy and is currently working on establishing Peace Poles in the soon to be developed Intercultural Cities Garden and Commonwealth Games Village in Ballarat.
- **Sleep bus project** – The Future Shapers team partnered with Compassionate Ballarat, Ballarat Central Uniting Church and Rotary to raise funds for an operating Sleepbus in Ballarat. The team raised the necessary \$100,000 for Ballarat's first sleep bus, which means that Ballarat will have another sleeping option for its homelessness in the winter of 2023.
- **Refugee Week** - During this week Compassionate Ballarat partnered with Let's Talk Peace Ballarat and the ACC to have Dr John Langmore, AM speak about Australia's Role in Peacemaking. Dr Langmore is the Chair of the Board for the Initiative for Peacebuilding, University of Melbourne, and he was previously Director, United Nations Secretariat Division for Social Policy and Development, New York.

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ENVIRONMENT  
– CARING FOR  
OUR PLANET

# ENVIRONMENT SECTOR



CHARTER FOR  
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- This year the Women's Climate Congress Charter developed a Charter for Change and its Action 6 specifically refers to embedding compassion in policy outcomes: 'Elevate compassion and kindness in government We propose that qualities of the heart (such as compassion, love, kindness, empathy, forgiveness) are the basis of true strength and decision making'.
- Specifically, the WCC called for the - *Integration of compassion design principles and case studies, as described in the Charter for Compassion Australia, across government business and local initiatives.*
- During 2023 the ACC will work with the WCC to progress Action 6 throughout 2023.

**PEACE**

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# PEACE SECTOR



- Let's Talk Peace Ballarat and Compassionate Ballarat worked with Rotary to bring peace education to the children of Sebastopol Primary School. With the unfolding tragedy in Ukraine it was very fitting that Sebastopol Primary was the first school in Ballarat to plant a Peace Pole, as Sebastopol was named by miners who had just come from the Crimean war. A second Peace Pole was planted at Phoenix College with representatives from Rotary, three levels of government and the media. The children of these two Sebastopol schools very movingly held a minute's silence for the children of Ukraine. The Peace poles include peace education resources which the children of these schools studied as part of their school year.
- The organisation, *May Peace Prevail on Earth Japan* invited ACC volunteers to be judges in its International Youth Peace Essay Competition. The ACC volunteers read 25 essays each and scored them according to set criteria.
- At our suggestion the Women's Climate Congress included peace in its Charter - *Create paths and policies for respect, nonviolence and peace We recognise that peace is made by building relationships of trust and understanding among peoples and cultures, and with the Earth and all living things.*



# Interfaith and Spirituality

# INTERFAITH SECTOR



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- Compassionate Gold Coast together with the Multifaith Advisory and Action Group were active participants in the NAYBA community impact audit which sought to measure the inputs of religious and faith communities in community services across the Gold Coast.
- Madonna Quixley represented Let's Talk Peace Ballarat, and Compassionate Ballarat at this year's UN Interfaith Harmony Week event. The United Nations World Interfaith Harmony Week was inaugurated in 2011 and each year a number of events are organised in Ballarat.
- To unite the community at the time Russia first invaded Ukraine, Compassionate Gold Coast organised an interfaith event that brought together representatives from the Queensland Faith Communities Council, the Ukrainian Catholic Priest, Russian Orthodox Priest, key leaders from the Indigenous community and each of the multifaith traditions.



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# Science and Research

## SCIENCE AND RESEARCH SECTOR

- Organised a number of compassion research forums including an online discussion with Dr James Kirby, author of the recently released book: *Choose Compassion – What it is and Why it Matters*.
- Members of the ACC Scholars Network and the University of Sydney's Mind, Heart and Body in Business group worked with the Australian Journal of Management to develop a Special Issue on Compassion in Organisations. This Special Issue will be published and distributed in 2023.
- As the global coordinator for the Charters' Science and Research sector, Dr Lynne Reeder is doing a study to define the research directions in compassion science. Drawing on the Oxford Handbook of Compassion Science, one of the first leading academic publications to synthesise the theory and the application of this discipline, she is interviewing the world leading experts who contributed to this Handbook. These videoed discussions will explore the: 1) research outlined by the authors in the Handbook, 2) subsequent research that has occurred in the past six years, and the 3) implications for future research directions in compassion science.



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2022 National Day of Compassion

# National Day of Compassion - 21 September 2022

## THEME - *DEEP LISTENING*

### **DEEP LISTENING TO OUR LIVE EVENT**

- ❖ The National Day began with a Live Event and speakers included global speaker - Dr Rick Hanson; Indigenous speaker Margaret Hepworth; ACC National Lead - Dr Lynne Reeder; ACC Ambassador – Hugh Mackay, AO.

### **DEEP LISTENING TO DEEP THINKERS**

- ❖ Throughout the day, Australian and international guests spoke about what deep listening means in areas such as palliative care, diplomacy, education, peace, youth, politics, personal contemplation. These video discussions were recorded and streamed on the global Charter's FB page.

### **DEEP LISTENING TO OTHERS**

- ❖ With ALIA selected libraries across Australia ran Deep Listening experiences; and Chocolate and Coffee Breaks offered an online experience of connection and deep listening.

### **DEEP LISTENING TO NATURE**

- ❖ The Australian Conservation Foundation offered an opportunity to take part in the platy-project by helping researchers understand more about this almost silent and elusive animal, and how we can better protect it.

### **DEEP LISTENING TO MUSIC AND SOUNDS**

- ❖ Lior and Nigel Westlake co-wrote the beautiful seven-movement song cycle Compassion to express the wisdom of compassion through contemporary and classical music told in song and symphony, and they were in concert with the MSO during this week.

### **DEEP LISTENING TO FRIENDS AND FAMILY**

- ❖ Throughout this National Day, the ACC encouraged Australians to take time to offer friends and family members the gift of their deep listening in a conversation with friends and family in a generous, empathic, non-judgmental and trusting chat.

### **LEARNING TO DEEP LISTEN**

- ❖ We inspired others to be a better listeners by offering a four-week Compassionate Listening course that commenced on this National Day.

# NATIONAL DAY OF COMPASSION DEEP LISTENING



- The 2022 National Day commenced with a Live Event featuring speakers including ACC members; ACC Ambassador - Hugh Mackay; Director, Initiatives of Change - Margaret Hepworth; and global speaker, Dr Rick Hanson a psychologist, New York Times bestselling author, and founder of the Global Compassion Coalition. Over 150 people registered for this event.
- Members of the Australian Compassion Council conducted over 32 interviews with a range of leading thinkers on the subject of Deep Listening – in all over 7 hours of content was run throughout the day on the Global Charter’s Facebook page.
- Compassionate Ballarat contributed to the National Day through the Live Event and in two events on empathy and deep listening.
- The ACC partnered with the Australian Conservation Foundation to take part in the platy-project by helping researchers understand more about this almost silent and elusive animal.
- Partnered with ALIA on deep listening experiences. In the lead up we also ran a webinar with Hugh MacKay and Dr Mark Crossweller on Deep Listening. Lynne Reeder wrote an article for ALIA’s magazine which went to its 18,000 members.
- The National Day of Compassion is also the International Day of Peace and we partnered with the Raising Peace Network to promote the ACC events on their webpage.



# Global Charter for Compassion





# GLOBAL CHARTER FOR COMPASSION

- The Global Charter for Compassion provides an umbrella for people to engage in collaborative partnerships worldwide.
- Its mission is to bring to life the principles articulated in the Charter for Compassion through concrete, practical action in a myriad of sectors.
- [www.charterforcompassion.org](http://www.charterforcompassion.org)

# GLOBAL CHARTER FOR COMPASSION



CHARTER FOR  
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- Two members of the ACC were appointed leads for two of the global Charters' sectors: Dr Debbie Ling was appointed lead for Healthcare and Dr Lynne Reeder was appointed lead for its Science and Research sector
- In addition Dr Lynne Reeder serves on the global Charter's Board of Trustees and as a member of that Board she contributes to the Charter's global strategic directions.
- Participated in the MLK 40 Day of Peace with Rev Tim Costello, AO in conversation on The Ethics of Peace to mark the first anniversary of the coming into force of the UN Treaty on the Prohibition of Nuclear-Weapons. Gem Romuld from ICAN also spoke.
- Dr Debbie Ling contributed to the global 22 Days of Compassion with a forum she ran on Common Humanity.
- With Let's Talk Peace Ballarat recommended and ran one of the Charter's Global Reads in a conversation with the author of "Peace in the Age of Chaos", Steve Killelea who also founded the Institute for Economics and Peace.



# CHARTER PARTNERSHIPS

# ACC Charter Partners



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- This year we continued to grow our partnerships, including with groups such as: Initiatives of Change, ProSocial World; Australian Library and Information Association; Australian Conservation Foundation; Cultural Infusions; Social Health Australia; Think Equal Australia; Raising Peace, Western Creation; Unity Earth; Monash University; Monash Centre for Consciousness and Contemplative Studies; University of Sydney's Body, Mind and Heart In Business; Federation University Australia; Loreto College; Grampians Health; Centre for a Compassionate Society; Let's Talk Peace Ballarat; Gold Coast Health; Ballarat City Council; Gold Coast Multi-faith Advisory Council; Nan Tien Institute; Fyerfly; May Peace Prevail on Earth Japan.
- As an example this specific Peace partnership involved - Terry Ayling, National Lead on Compassionate Cities setting up a call with Yashio Mochizuki, Program Director, Goi Peace Foundation and Assistant Director at 'May Peace Prevail on Earth' based in Tokyo, with Dr Lynne Reeder, National Lead, ACC; Madonna Quixley, National Lead for the Australian Charter Peace Sector; and Michael Rabey, National Director, Canberra Rotary Peace Bell to map what each of these organisations are currently doing, so as to identify opportunities for specific collaborations. It was a very useful dialogue and each of these Parties agreed to continue these discussions in 2023.



# Australian Compassion Council



Dr Lynne Reeder



Dr Debbie Ling



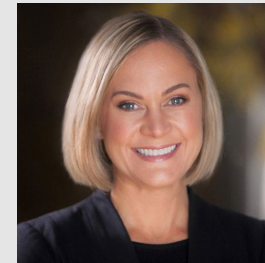
Terry Ayling



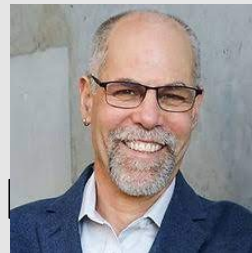
Dr Sue Sumskis



Mark Crossweller



Gwen Pinnington



Michael Bartura

(New member in 2022)

[www.charterforcompassion.com.au/charter/council/](http://www.charterforcompassion.com.au/charter/council/)



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AUSTRALIA A  
CONTINENT  
FOR  
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*In our polarised world we urgently need to make compassion a clear, luminous, and dynamic force. Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity.*