

Group 39

# Story sharing, Compassion & Listening



*Our Tweet: "Client centred care: listening w/o judgement, empathy, dismantling ableism, respond vs react, allowing all voices, patients are the experts."*

# *The Power of Story Sharing*



- Sharing our stories can be of benefit to folks both receiving and providing medical care.
- Information empowers and leads to change in the medical system, allowing those providing care to make inclusive, creative and conscious choices.
- This leads to more support for those receiving care and satisfying outcomes for those providing services.

# Client Expertise

- Understanding that the voice of those we serve are valuable
- There's only so much that we as a healthcare professional can do based on theoretical knowledge
- Taking into careful consideration a patient's thoughts and opinions



*It's a team dynamic!*



# Self-compassion

- Showing yourself the same kindness you would extend to someone else
  - Often much harder on ourselves than we are on others
- Allowing ourselves to experience those feelings without judgment





# Being Present

- Recognize that every moment is unique and irreproducible
- We have to cherish the moments that we are experiencing and not take them for granted
- When we dwell on the past and future, we miss out



*Thank you!*

LET'S DISCUSS