

Thursday, May 11th

10:30 AM

Welcome

John Ruetz, CEO Catholic Health Alliance of Canada
Ro'nikonkatste (Standing Strong Spirit) Bill Hill
Cardinal Gérald Cyprien Cardinal Lacroix

10:50 AM

Opening Remarks

11:10 AM

Keynote - *Meeting the Challenge of Burnout*

Dr. Christina Malsach & Dr. Micheal Reiter

1:00 PM

Keynote - *Strengthening our Innate Compassion*

Dr. Kathleen Ledoux

1:45 PM

Compassion Cultivation Training Workshop – *Inspiring compassionate action in the community, workplace, home, and for ourselves*

Facilitated by Kathleen Ledoux

We are all innately compassionate. It is in our biology. Sometimes though it can be challenging to express compassion both to others and to ourselves. In this workshop you will be guided through some of the essential ideas and key practices of the Cultivating Compassion (Stanford University) program. You will learn what the research tells us about how practicing compassion benefits both ourselves and others. You will also learn what barriers might prevent you from being compassionate and how compassion collapse can happen. Through discussion and experiential exercises, you will gain practical skills to help strengthen compassion in your professional and personal life.

4:15 PM

Closing Comments

Weavers: Micheline St-Hilaire & Ro'nikonkatste Bill Hill

6:00 PM

Social Evening at Host and Regional Sites – May 11th

Montreal: Cocktail reception at the Notre Dame Basilica Parish Jean-Jacques Olier Hall at 7 pm
Companions welcome to attend the reception at no extra charge.

Delegates interested in viewing The Aura Experience in the Basilica at 6 pm can purchase tickets via this link: <https://www.aurabasiliquemontreal.com/en/tickets?day=11&month=5&year=2023>

Friday, May 12th

8:30 AM - Montreal Eucharistic Celebration

10:30 AM

Welcome and Opening Reflection

10:40 AM

Compassion is @#&! Hard

Jennifer Kilimnik, Thomas Williams and Vanessa Hurst

This moderated discussion will touch upon the challenges in exercising compassion on a personal level, and based on lived experiences, how difficult it can be to get communities and even cities to embrace compassion as a core value.

11:40 AM

Keynote - *Compassionate Leadership for High Quality Care Cultures*

Dr. Michael West, CBE

Dr. West Michael has extensive experience of working to improve staff experience and care quality. This keynote will focus on how creating a culture of compassionate leadership can enable people to reach their potential and do their best work, and improve staff retention in your organizations. He will share the results of NHS leadership data that has been gathered over the past 18-years and other practical examples on compassionate leadership.

1:30 PM

CHAC National Awards

- Lifetime Achievement – 3 categories: direct caregiver; leader; board member
- Tomorrow's National Leaders
- Programs of Distinction

1:50 PM

Practicing and cultivating compassion within efficiency-focussed and ever-changing healthcare systems.

Dr. Malvina Klag, Richard Corneil, Eleanor Stewart, Zofia Dove

3:15 PM

**Keynote - *The Power of the Mind, The Power of Intention:
Using Mindfulness for Healing, Decolonization, and Transformation***

Dr. Michael Yellow Bird

This keynote will focus on using mindfulness as a healing intervention that can be used by individuals, families, and communities. He will share a brief history of mindfulness and Indigenous contemplative practices and their benefits, lead three short healing and compassion practices, have participants share their experience in breakout sessions, and conclude with a final mindfulness compassion practice.

4:15 PM

Closing Comments & Prayer

John Ruetz, Micheline St-Hilaire and Ro'nikonkatste (Bill Hill)