

THE SELF-COMPASSIONATE PROFESSOR (SCP) COMMUNITY

CONTEMPLATIVE CAREERING FOR THOSE WORKING WITHIN,
BEYOND, AND BETWEEN ACADEMIC SPACES



FOUNDATIONAL VALUES & OBJECTIVES



- Identifying our own unique way of hearing inner wisdom
- Listening to emotions for guidance
- Practicing “intuitive careering”

- Summoning a deeper sense of belonging to the professional and/or academic world to which one belongs or desires to belong
- Practicing believing in our abilities to grow, meet our needs/wants, and achieve career goals
- Taking action to support and grow career in ways aligned to personal truths

- Orienting in career timeline & trajectory
- Creating our own unique version of career wellness by clarifying values, purpose, craft, career desires/intentions, & preferences
- Landing firmly and holistically in our own unique career story/narrative



THE SCP COMMUNITY *ANIMATES AND ENLIVEN'S* THE ABOVE VALUES THROUGH *COMMUNITY PRACTICE*

Community contemplative practices include
*dialogue/circling • relational meditation
collective pausing • co-working
co-planning • co-processing*

As a community, we meet regularly on Zoom to:

- Actively make space for individual and group wisdom
- Provide refuge to members during times of career crisis, struggle, and challenge
- Help members release stories, careers, jobs, and situations that no longer serve them
- Support members to progress toward their own unique vision of career wellness
- Invite feelings of gratitude, self-celebration, and joy for career successes and resources we have earned and/or acquired over the course of our careers

OVER TIME, COMMUNITY MEMBERS EXPERIENCE:

Feeling less isolated in their careers, perceiving **greater clarity & confidence** about career desires/intentions, **being seen and validated** in a community who understands the unique dynamics of academic identity/work, and sensing **overall feelings of wholeness**—feeling less fragmented and more anchored in personal truths

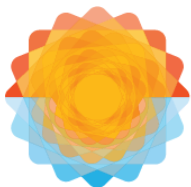


Visit SCP at danielledelamare.com or selfcompassionateprofessor.com

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SCP '26 Summer Semester-At-A-Glance



SELF COMPASSIONATE
professor

Key Annual Planning Sessions Seasonal Pause Sessions Co-working Sessions Off Days Rest Weeks

jr = June Retreat mp = Monthly Planning r&p = Rest ("Bardo") & Processing sab = Sabbatical
wc = Wisdom Circle wp = Weekly Planning

- There are no group events or 1-1 coaching sessions held on off days.
- The June Retreat will be held June 9-11. During the retreat, you are encouraged to do little to no work and rest as much as possible between sessions.
- Seasonal pause events are held at 12:30p PT/3:30p ET (length: 90 min).
 - Co-working session times vary.
- Rest weeks are generally held on the second week of each month and are highlighted in blue.
 - The SCP Community takes a 6-week pause in July/August.

June 2026						
Su	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9 jr	10 jr	11 jr	12 wp	13
14	15	16	17	18 sab wp wc	19	20
21	22	23	24	25 mp	26 sab wp wc	27
28	29	30				

July 2026						
Su	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10 sab wp wc	11
12	13	14	15 r&p	16 r&p	17 sab wp	18
19	20	21	22 mp	23 mp	24	25
26	27	28	29	30	31	