

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

Email SCP at danielle@selfcompassionateprofessor.com