



Organizational Funding for Professional Development

Applied Compassion Training (ACT) at Stanford University

Companies, academic institutions, governmental agencies, and not-for-profit organizations large and small are experiencing the impact that Stanford University's ACT program is having on their leaders, directors, managers, and employees. Professional development makes the entire organization stronger and is a meaningful way to invest in, engage and retain valued employees. Participants in ACT are successful in joining this professional training with their company's financial support.

Stanford University's [Applied Compassion Training](#) is a groundbreaking 11-month global program founded on the principles and practices of Applied Compassion. It prepares highly motivated people to bring compassionate action into their organizations, professions, institutions, communities, and professional development in order to effect change in real-world situations.

Stanford emphasizes taking action to solve real-world problems. A defining component of the ACT program is designing and delivering an Applied Compassion Capstone Project. Mentors, peers, and guest experts support participants to design, develop, and deliver a project of their choice that makes a positive impact within their organization.

The next ACT program begins in January of 2023, and priority registration opens in the early summer of 2022. This program has filled to capacity each year.

Applied Compassion Training™ at Stanford University CCARE

Center for Academic Medicine - Clinical Excellence Research Center CERC

435 Quarry Road, Stanford, CA 94305

[ACT at Stanford University CCARE](#)



ACT Statistics

- 98.4% of Participants Complete the Program
- Participants in the program come from 33+ countries
- 98% of Participants said their participation in ACT resulted in positive changes in their professional and personal life
- 97% of Participants said their Capstone Project enabled them to apply compassion in real-time in their targeted settings
- Participants in ACT come from organizations like Google, Yale University, Salesforce, Stanford Hospital, VMware, AstraZeneca, AmeriCorps, Genentech, The European Commission, Texas Medical Center, and many more

What ACT Graduates Are Saying

"No words can express the impact of ACT on how I've been able to better care for my patients, my trainees, my colleagues, and myself." Al'ai Alvarez, MD, Clinical Assistant Professor, Assistant Program Chair, EM, [Stanford University School of Medicine](#)

"ACT is the best personal and professional development program I have experienced." Jeff Jacobs, Director, Organizational Effectiveness, [Adobe](#)

"This training has transformed my approach to disruptive behavior in the workplace. To focus on applied compassion is to build a better culture at work." Michelle Carlstrom, Executive Director, LifeWork Strategies, [Adventist Healthcare](#)

"I became the change I wanted to see in the world." Breana Teubner, Head of Strategy and Operations, [Banana Republic](#)

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What ACT Graduates Are Saying

"The ACT faculty, training, teachings, the wonderful projects, and my cohort were the push I needed." Sandra Sanabria Bohórquez, Scientist, [Genetech](#)

"The ACT program and being a Stanford Ambassador required me to actively seek out opportunities and take an active role in being a facilitator and leader."
Ratnesh Sharma, IT Leader, [VMware](#)

"I'm now able to show that compassion creates a better work environment with proven significant health benefits." Gaylynn Thomas, RN, BSN, Director of Business Development, [Texas Medical Center](#)

"My Capstone project resulted in new day-to-day operations, a skill-building retreat, and a set of behaviors at our organization that illustrate the culture our philanthropy needs to achieve its mission." Todd Vogel, Ph.D., Managing Director, [Loom Foundation](#)

The ACT program has inspired me as a practitioner and as a teacher, but more than that, as a human being." Donna J. McInnis, Professor: Department of Humanities, [Soka University, Tokyo](#)

"Being a part of ACT has been a life-changing experience for me. The best part has been meeting people from all over the world with the same intention to be ambassadors of compassion in so many different spheres." Dr. Pitsi Kewana, Physician and Clinician Engagement Manager, [Netcare Health Systems, South Africa](#)

"Wow! ACT has been the most uplifting course of my life! It has helped me to challenge the way I live my life. I am finding my courage to be ready and willing to ACT." Maureen Wilks, Ph.D., Senior Geologist, Author, and Professor, [New Mexico Institute of Mining & Technology](#)

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Real-World Impact

A sampling of ACT Capstone Projects making a difference around the world.

- ***Self-Compassion to Address Burnout for Emergency Room Physicians***
Delivered to ER residents at multiple institutions including Stanford Hospital
- ***Growing Inner-Decision Making Skills in Times of Difficulty***
Delivered to Magistrates, Judges, and Community Leaders
- ***Compassion, The Overlooked Superpower***
Delivered to 1,100 people including employees at Adobe
- ***Are You a Considerate Supervisor?***
Delivered through an app and corporate employee assistance and training
- ***Inside Power***
Delivered to Leadership at the Gap, Inc
- ***A Mindful Leader! Human-Centered Culture in the Corporate World***
Delivered to Leaders, Executives, and Managers in Finance
- ***Compassion-Based Practices for Addressing Secondary Traumatic Stress***
Delivered to 170 Licensed Professionals
- ***Disastershock: A Resource for Coping with the Emotional Distress of Major Disasters*** Translated into 26 languages and distributed globally

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EXAMPLE of a letter successfully requesting organizational funding.

Hi <Insert Name>,

I've been looking for a unique professional development program and I found one at Stanford University. There are just a few spots remaining to register. It's an 11-month Certification in [Applied Compassion Training](#) at Stanford University [CCARE](#) (Stanford School of Medicine). It meets my interest in leadership, organizational effectiveness, management, and team development.

ACT is designed for the working professional. It's a live online training program that offers monthly classes, 1:1 mentoring, mentoring in peer groups, and three live 3-day training sessions over the course of the program. Participants in the program are leaders from around the world. Stanford University emphasizes taking action to solve real-world problems. A key part of the ACT program is supporting participants to develop and deliver a Capstone Project. And at Stanford, a Capstone project addresses a need and solves a problem based on the targeted environment in which participants want to affect change.

The tuition for the ACT program is \$8,995. I am requesting to use our company's Professional Development funds for the cost of this training.

Thank you for considering my request.

<Your information>

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