



## *Organizational Funding for Professional Development*

### **Applied Compassion Training (ACT) at CCARE Stanford University**

Applied Compassion Training (ACT) at CCARE Stanford University profoundly impacts leaders, directors, managers, and employees across companies, academic institutions, governmental agencies, and not-for-profit organizations of all sizes. Investing in professional development through ACT strengthens the entire organization, fosters engagement, and helps retain valuable talent.

ACT at CCARE Stanford University is an innovative 11-month global program that is built upon the principles and practices of Applied Compassion. It equips highly motivated individuals with the tools and mindset to bring compassionate action into their organizations, professions, institutions, and communities, enabling them to drive meaningful change in real-world situations.

Stanford University greatly emphasizes practical problem-solving, and the ACT program reflects this commitment. The program includes a distinctive component called the Applied Compassion Capstone Project. Throughout the training, participants receive guidance from mentors, peers, and guest experts as they design, develop, and execute a project of their choice that positively impacts their organization.

The next ACT program begins in January 2024. Registration opens in September 2023. ACT participants have succeeded in securing financial support from their respective companies, institutions, or organizations to join this transformative training. This program consistently reaches its enrollment capacity, highlighting its popularity, demand, and impact.

**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 40+ 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, Netcare, 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, trainees, 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, [Genentech](#)

*"The ACT program and being a Stanford Ambassador required me to actively seek out opportunities and be a facilitator and leader."*

Ratnesh Sharma, IT Leader, [VMware](#)

*"I can now 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, [Soka University, Tokyo](#)

*"Being a part of ACT has been a life-changing experience for me. The best part has been meeting people worldwide with the same intention of being ambassadors of compassion in 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 actively sought out a distinctive professional development program and discovered an excellent opportunity at Stanford University. The program is an 11-month Certification in Applied Compassion Training offered by Stanford University CCARE Stanford School of Medicine. It strongly aligns with my interests in leadership, organizational effectiveness, management, and team development.

ACT is tailored for working professionals and is conducted through live online sessions. It provides monthly classes, personalized 1:1 mentoring, group mentoring, and three immersive 3-day training sessions throughout the program. Distinguished leaders from around the world participate in this initiative.

Stanford University places great emphasis on taking action to solve real-world problems. A vital aspect of the ACT program is supporting participants in developing and implementing a Capstone Project. At Stanford, a Capstone project addresses specific needs and resolves problems within the targeted environment where participants aim to make a positive impact.

The tuition fee for the ACT 2024 program is \$9,495. Only a few spots are left for registration in the upcoming cohort. I kindly request to utilize our company's Professional Development funds to cover the cost of this training.

Thank you for your consideration of my request.

<Your information>

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