Compassion Challenge

Challenge Set #1

Celebrate the 2016 C-I-CARE Patient Experience Week by joining the C-I-CARE Compassion Challenge!

COMPASSION CHALLENGE #1
Say Hello to 10 People within the first 2 hours of your day!

COMPASSION CHALLENGE #2
Deliver an uplifting note or quote to someone’s desk or car.

COMPASSION CHALLENGE #3
Keep your cell phone in your pocket while walking through hallways… For an Entire Day!
After completing all of the challenges, answer these reflection questions:

1. Which challenge did you enjoy the most and why?
2. Through these challenges, what did you learn? What was surprising?
3. Which of these challenges would you consider doing on a regular basis?

Send your answers above to cicare@stanfordhealthcare.org by Friday, May 6th for the chance to win the C-I-CARE Patient Experience Week Raffle!