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Hello dear community,

At the Global Compassion Coalition, we hold a simple yet radical belief: compassion can — and must — become a guiding principle for how we live, lead, and organize our societies. Every day, our programs translate that vision into action: supporting science and education, creating tools for communities, nurturing compassion in parents and leaders, and mobilizing voices for justice and empathy across the globe.

In just three years, our coalition has grown to nearly **160,000 members**, including **1,000 Founding Supporters and Organizations** who share this vision. Together, we're strengthening the fabric of a global movement for systemic change — one grounded in care rather than control, in cooperation rather than competition.

We've launched a research network connecting scholars of compassion worldwide; offered practices, courses, and toolkits that help people cultivate kindness in their families and workplaces; and partnered with organizations such as the [Oxford Mindfulness Foundation](#) and the [University of Puerto Rico's Institute of Cognitive Neuroscience](#) to advance the science and education of compassion.

Our [Festival of Compassion](#) in South Africa brought together voices from every continent, proving that compassion can be both a personal practice and a public force.

Now, as the Global Compassion Coalition enters its next stage of growth, we want to invite you — our community — to help sustain this momentum. The GCC is a tax-exempt, nonprofit organization, and our progress depends on people like you, who know that compassion is not a luxury, but a necessity for our time. Every contribution helps expand our reach, support new research, and strengthen communities around the world. [Please, donate today.](#)

**Opening photo: GCC Connectors unveil T-shirts for Walk 4 Compassion and Football Jerseys for GCC Stars FC for the Prisons Outreach Program at the Umuahia Custodial Centre in Nigeria.*

Founder Spotlight: Dr. Rick Hanson





At the heart of this movement is **Dr. Rick Hanson**, psychologist, Senior Fellow at UC Berkeley's Greater Good Science Center, author, and teacher - with a lifelong focus on the combination of inner change and outer action.

As he says, "The older I get, the calmer I get - and the madder I get about so much needless suffering in our world. As our ancestors did for hundreds of thousands of years, **we need to come together** to solve our big problems, like the climate crisis, massive wealth inequality, horrible wars, and rising authoritarianism. At the GCC, we tap the power of compassion to bring us together. **And together we can change the world!**"

Modern science and ancient wisdom both tell us that small daily steps will gradually build new networks in the brain - and new connections with others. At a time when it's easy to feel helpless, Rick's work has shown that we really can become more resilient and more compassionate as individuals - and that we can join with others in new social networks, new coalitions, that are big enough to be **strong enough to make a world that works for the many, not just the few.**

Rick adds: "I'm incredibly grateful to the many people who have supported me and the GCC. **Your gifts of attention, time, and money truly make a difference.** I welcome your support. [Together, let's make the world we long for!](#)"

Let's Practice! Notice What's There



This week, take a few minutes to *notice where compassion already lives in your daily life.*

Before trying to "add more kindness," pause to see where it's quietly present — in a neighbor's smile, a message of encouragement, the patience you show yourself or someone else.

Then, choose one moment in your day to *amplify that field:*

- Offer a kind word where you'd usually stay silent.
- Take three breaths before responding when tension arises.
- Look someone in the eyes and truly see them.

Small acts of recognition have ripple effects — they expand the space of care around us.

And attention is fuel: what we notice, we nourish.

Share Your Moment of Compassion



As part of our journey together to spread kindness and connection, we're launching something new: **Compassion in Action**. A space where *you* help bring the movement to life by sharing your images, and the stories behind them.

We invite you to share a photo or story that captures compassion in action: a warm gesture, a helping hand, a moment of genuine connection between people. It might be something you witnessed, something you did, something that moved you.

If you'd like to participate, [fill out this form](#) and upload your photo or story!

Thank you for helping us build a community where kindness shows up and stays visible!

Turning Tension Into Understanding

10% Early Bird Discount! Use Code CIC10 by Nov 21st

The Compassionate Way Through Conflict

with Dr. Rick Hanson

Learn how to move through conflict and challenging relationships with compassion, clarity, and decisiveness.

4-WEEK COURSE: NEW COHORT with LIVE Q&As!

Starts November 29th

Whether with a colleague, a loved one, or even within yourself, conflict is unavoidable in life. But what if it didn't have to be destructive?

This four-week course offers something different: not just "tips for managing conflict," but a deeper way to respond when it matters most. By cultivating compassion alongside assertiveness, you'll find a path that honours both your own needs and your relational integrity.

In this course, you will discover how to:

- Stand firm on shaky ground — bring strength into moments that feel unpredictable or unfair.

- Cultivate real self-compassion — giving yourself the care and clarity you need to engage others wisely.
- Practice effective assertiveness infused with compassion — saying what matters, while staying connected.
- Let go of what's out of your hands — shifting focus from control to meaningful influence.

With more than 2.5 hours of on-demand video, two live Q&A calls with your guide, GCC Founder Dr. Rick Hanson, weekly prompts and reflections, and an active participant community, this is a full-fledged learning experience designed for both inner and outer transformation. Participants in former cohorts are welcome to join the Q&A!

In a polarized world, the challenge isn't just avoiding conflict — it's responding to it with clarity, care, and courage. This course reflects that moment. As a mission-driven organization, we aim to equip participants not just with skills, but with a mindset that supports community, belonging, and transformation — and yes, your participation helps sustain these efforts.

[Join us](#) starting **29 November** for the next cohort of "The Compassionate Way through Conflict." Enrollment is now open at **\$99**. [Register today](#), and shift your relationship with conflict from burden to possibility. And help us get the word out so that we can spread these essential wisdom tools!

Save The Date! Igniting Positive Change



On **13 November**, [join a worldwide celebration](#) of World Kindness Day — a free online gathering that brings together voices from around the globe to explore how kindness can reshape our world from within.

Hosted by **Kathryn Lovewell**, long-time educator of emotional wellbeing, the event will feature two special guests: **Sharon Salzberg**, meditation pioneer and New York Times bestselling author who helped bring mindfulness and lovingkindness to the mainstream, and **Professor Robin Banerjee**, developmental psychologist and founder of the Sussex Centre for Research on Kindness, whose work bridges science, education, and civic life.

Together they'll share practical insights and inspiring perspectives on how kindness can shape the future of our communities and our world. [Register Here](#).

From Our Friends: Celebrating Compassion in Action

Unveiling Charter for Compassion 2.0

November 12, 2025

Join the global launch of "A Charter for Compassionate Transformation: From Inner Healing to Planetary Flourishing." This live event will unveil the renewed Charter, weaving stories, music, and voices from around the world. [Learn more!](#)

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Global Gala 2025 + Karen Armstrong Humanitarian Awards

November 15, 2025 — 8 AM & 4 PM PT

Celebrate changemakers advancing compassion worldwide at the Charter's annual virtual gala, honouring the 2025 Karen Armstrong Humanitarian Award recipients. A moving global gathering of inspiration and gratitude. [Learn more!](#)

A Question for You

When have you turned tension into understanding?

Maybe it was a moment when you paused before reacting, when you listened more deeply, or when someone's openness softened your heart. Reflect on what helped that shift happen. Was it patience? Empathy? A willingness to see beyond right and wrong?

Reply to this email, and we may share your story with the community. Your experience may become the spark that helps someone else choose compassion in their next moment of conflict.

Each small act of kindness and consideration adds a new thread to our shared fabric of care.

Let's keep weaving — through our words, our choices, and our presence.
We're so glad to be on this journey with you.

With appreciation,
Fabiana
Editor, *Coming Home*

Thank you for being part of the GCC community.
To support our [mission & vision](#) for the world:

[Donate](#)



To subscribe to this newsletter, please go [here](#) and join the growing compassion coalition.

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