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Hello dear community,

In moments like these we are reminded of the strength of coming together. We are living through dark and turbulent times, and you may be asking yourself what you can do to help ease the violence, lighten the suffering and counter despair.

To answer, we might take a cue from the brave Jane Goodall, the primatologist and activist who passed away last week after 91 years of devoted service to our beautiful world. As she reminded us: *“Together we can bring change to the world, gradually replacing fear and hatred with compassion and love. Love for all living beings.”*

This is the mission that drives all of our efforts, and one we warmly invite you to join in bringing to life. In today’s edition, we share a presentation from the Festival of Compassion in Cape Town, other exciting GCC initiatives, a loving tribute, and fruitful practices and questions to inspire reflection and purposeful action.

Here are a few highlights we’re excited to share with you this month.

Save The Date!

Collective Trauma Summit: October 12-18



We are pleased to invite you to the **Collective Trauma Summit 2025**, an online gathering co-hosted by Thomas Hübl and the Global Compassion Coalition, taking place **October 12-18, 2025**. Over seven days, participants will reflect together on trauma — personal, ancestral, and collective — through inspiring interviews, embodied practices, and powerful conversations. Visionary voices such as Stephen Porges, Pico Iyer, Nora Bateson, and GCC’s own Rick Hanson will guide us in discovering how healing can become a force

for transformation.

More than an intellectual event, [this summit](#) is a call to awaken presence, compassion, and collective accountability. Together, we'll explore the neuroscience of empathy, somatic work, and relational healing, linking inner growth with outer change. Participation is free — visit the event site to explore the full program and save your place in this global gathering.

Inner Development Goals (IDG) Summit: October 15-17

In a world increasingly divided socially, politically, and environmentally, [the IDG Summit 2025](#) will gather a global community to explore how inner development can foster outer change and regenerative systems. With wisdom, courage, and humility, we'll reflect on how to navigate polarities and contribute to a flourishing planet for future generations.

Taking place at the historic Folkets Hus in Stockholm, the Summit will feature visionary leaders including Christiana Figueres, Peter Senge, and Kirsten Dunlop, alongside engaging panels, artistic performances, and community-led events. Day 2 offers deep dive tracks on topics ranging from AI and corporate sustainability to climate action and emerging generations. The gathering will also unveil the Inner Development Guide, a collective framework co-created with input from over 21,000 people worldwide — an open and evolving map for our shared journey.

The Ripple Effect of Compassion



[In this rich presentation](#) from the Festival of Compassion held in Cape Town last month, Leadership coach Rishad Ahmed shows how compassion becomes powerful when it moves from private feeling to collective action. He explains that individual acts of care can create a network effect, rippling outward and multiplying through communities and systems. His key message: empathy alone is not enough — we need relationships, structures, and shared practices that amplify and sustain compassionate action.

If you enjoy the presentation, please consider [signing up](#) to watch the three-day multi-faceted event, while helping us spread these important practices and ideas.

Founding Supporter Spotlight: Michael Yellow Bird



We're honored to have [Michael Yellow Bird](#) as one of our Founding Supporters. A citizen of the Mandan, Hidatsa, and Arikara Nations, Michael is a scholar, teacher, and healer

who bridges Indigenous wisdom, neuroscience, and contemplative practice. Former Dean and now professor at the University of Manitoba's Faculty of Social Work, he has brought mindfulness to Indigenous communities, correctional facilities, health institutions, and universities across North America.

His work centers on neurodecolonization—using mindfulness and traditional Indigenous practices to transform colonial patterns embedded in the mind and nervous system. By addressing trauma at both neural and cultural levels, this approach fosters resilience and spiritual wellbeing, advancing healing and justice for Indigenous communities and beyond. “The practices that restore Indigenous peoples can also help all of us awaken compassion and connection,” Michael says, casting a wide invitation for us all to join into this work of renewal and reconnection.

Good News: Light Behind the Walls



As part of their commitment to compassion in action, under the inspired leadership of Uwalaka Uchechukwu, GCC Connectors from Nigeria [recently visited the Umuahia Custodial Centre](#), where overcrowding remains a serious challenge. During their visit, they offered much-needed encouragement and solidarity to inmates, while also providing reading materials to support learning and growth, helping organize the finals of the annual Football Tournament for Prison Inmates (with donated football Jerseys and Football) and workshops for mental health and trauma prevention.

Beyond distributing resources, the Connectors listened deeply, shared words of hope, and helped foster a sense of dignity and connection for those detained. Their presence served as a reminder that no one is forgotten and that small acts of care — whether a book, a kind word, or the gift of listening — can help restore humanity even in the most challenging environments.

Building Cultures of Care Starts with Teachers

October 4 was World Teachers' Day — a good moment to say not only “thank you,” but also “how are you?” to those lighting the way in our classrooms. Vanessa Clark, Chair of the GCC's Education Working Group, shared with us that across countries, teachers are reporting high stress and burnout, often in cultures that prize self-sacrifice over self-care. Research in positive psychology shows that self-compassion boosts resilience, motivation, relationships, and mental and physical health — and teachers who practice it tend to offer stronger emotional support to students.

As a coalition of care, we're inviting members to check in with a teacher this week and to advocate for school cultures where caring for students starts with caring for staff. Find out [why teachers are in dire need of self-compassion](#), and [why it's so hard](#) for them to get it. Finally, explore [a practical exercise to recharge in 3 minutes or less](#) (and other calming resources) and share with the teachers in your life.

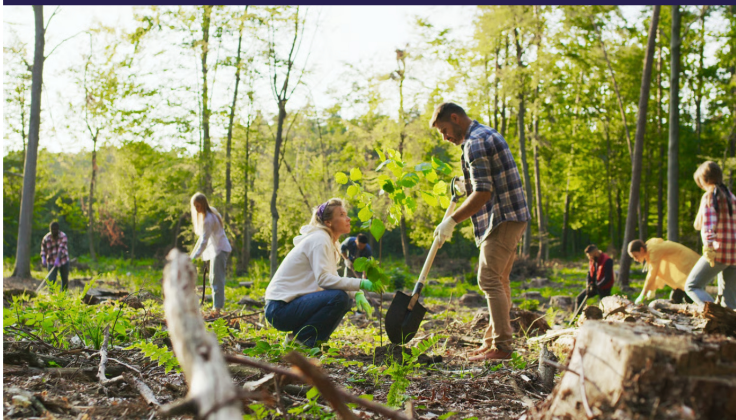
With Gratitude. What Jane Would Have Us Do



Jane Goodall devoted more than nine decades to science, conservation, and compassionate action, and transformed the way we see the natural world. From her groundbreaking studies of chimpanzees in Gombe to her tireless global advocacy, she showed us that animals are not objects of study but beings with emotions, relationships, and dignity. Through her books, lectures, and the *Roots & Shoots* movement, she inspired generations to care more deeply for each other and for the planet we share.

Yet Jane would not want us to dwell only in gratitude, but to honor her by heeding her most urgent invitations. She urged us to see individuals in all beings (from animals to people), to speak courageously for the voiceless, and above all, to embody active hope and compassion — not as mere sentiment, but as a way of living that transforms despair into care, and fear into love. Our best tribute to her is to keep that force alive in our choices, our communities, and the world we leave behind.

Let's Practice: Yes, We Can!



1. **Name One Care:** Take a moment to write down one issue, big or small, that weighs on your heart — something you wish could change in the world.
2. **Ask Yourself:** *What is one small action I can take this week that moves in that direction?* Visit an elderly person who's alone, plant a tree, sign a petition to defend the rights of the vulnerable, propose reducing waste on your block, share a resource.
3. **Share the Spark:** Tell one other person what you're doing — so the "yes" multiplies.

A Question for You

What story are you choosing to live by in these turbulent times?

Please reply to this email and we may feature your reflections in the next edition.

This is not the moment to turn away. It is an opportunity to deepen our courage and our care — to meet violence with compassion, and fear with connection. Together, we are called to be part of a global movement that insists on dignity, freedom, and flourishing for all beings. Let's make compassion a force the world cannot ignore!

With active hope and kindred spirit,
Fabiana
Editor, *Coming Home*

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