

# Invitation to Conscious Service

A webinar for social service professionals  
with  
Elizabeth Bishop

# Agenda

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Myth Busting (Work/Life Balance and Other Pursuits)

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The Conscious Service Approach

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Invitation to Presence

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Invitation to Discovery

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Invitation to Enlightenment

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Invitation to Compassion

# Poll Question

Which aspect of Conscious Service is most inviting to you?

- Presence
- Discovery
- Enlightenment
- Compassion



# Learning Objectives

- Identify personal definitions of presence, discovery, enlightenment, and compassion
- Describe what Conscious Service means to you as a service provider
- Develop strategies to support your experience of self-love, self-responsiveness, and overall wellbeing
- Create an intention to support integration and implementation of these practices in daily life

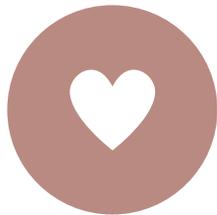
# Common Myths About Service Provider Wellbeing



Work/Life Balance



Leave Home at Home  
and Work at Work

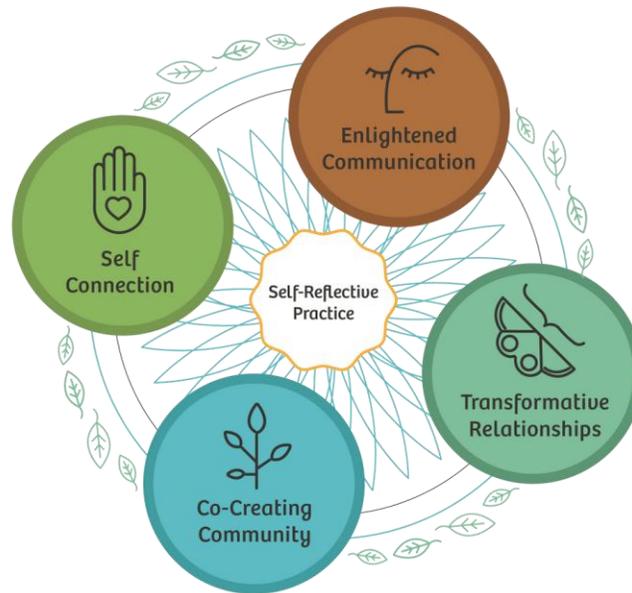


Avoid Emotional  
Labour



Make Time for Self-  
Care

## CONSCIOUS SERVICE APPROACH



What does Conscious Service mean to you?

A photograph of a tropical oasis. In the foreground, there is a calm body of water reflecting the sky and the surrounding greenery. A sandy path leads from the water towards the background, flanked by various tropical plants, including palm trees and smaller shrubs. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The overall atmosphere is peaceful and serene.

# INVITATION TO PRESENCE

- The Inner Oasis

# Accepting the Invitation to Presence



MAGIC OF THE  
MOMENT



WISDOM OF THE  
BODY



POWERFUL  
GUIDING  
QUESTIONS



COMPASSIONATE  
CONVERSATION

# INVITATION TO DISCOVERY

- Self Connection



# Poll Question

How often do you engage in self-reflective practices(e.g., journaling, meditation, nature)?

- Daily
- Weekly
- Occasionally
- Rarely



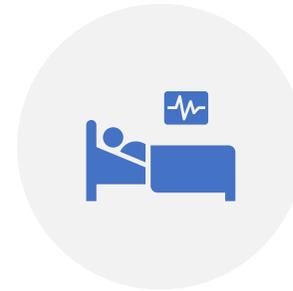
# Accepting the Invitation to Discovery



GREATEST  
GIFTS



JOY BRINGERS



CONTRIBUTIONS

# INVITATION TO ENLIGHTENMENT

Communicate with  
Love



# Accepting the Invitation to Enlightenment



Intention



Authenticity



Integrity and  
Alignment



# INVITATION TO COMPASSION

Compassion is an expression  
of love

iStock™

Credit: Delmaine Donson

# Poll Question

What is the biggest challenge in  
maintaining well-being as a  
service provider?

- Finding balance
- Emotional labour
- Lack of self-care
- Compassion fatigue

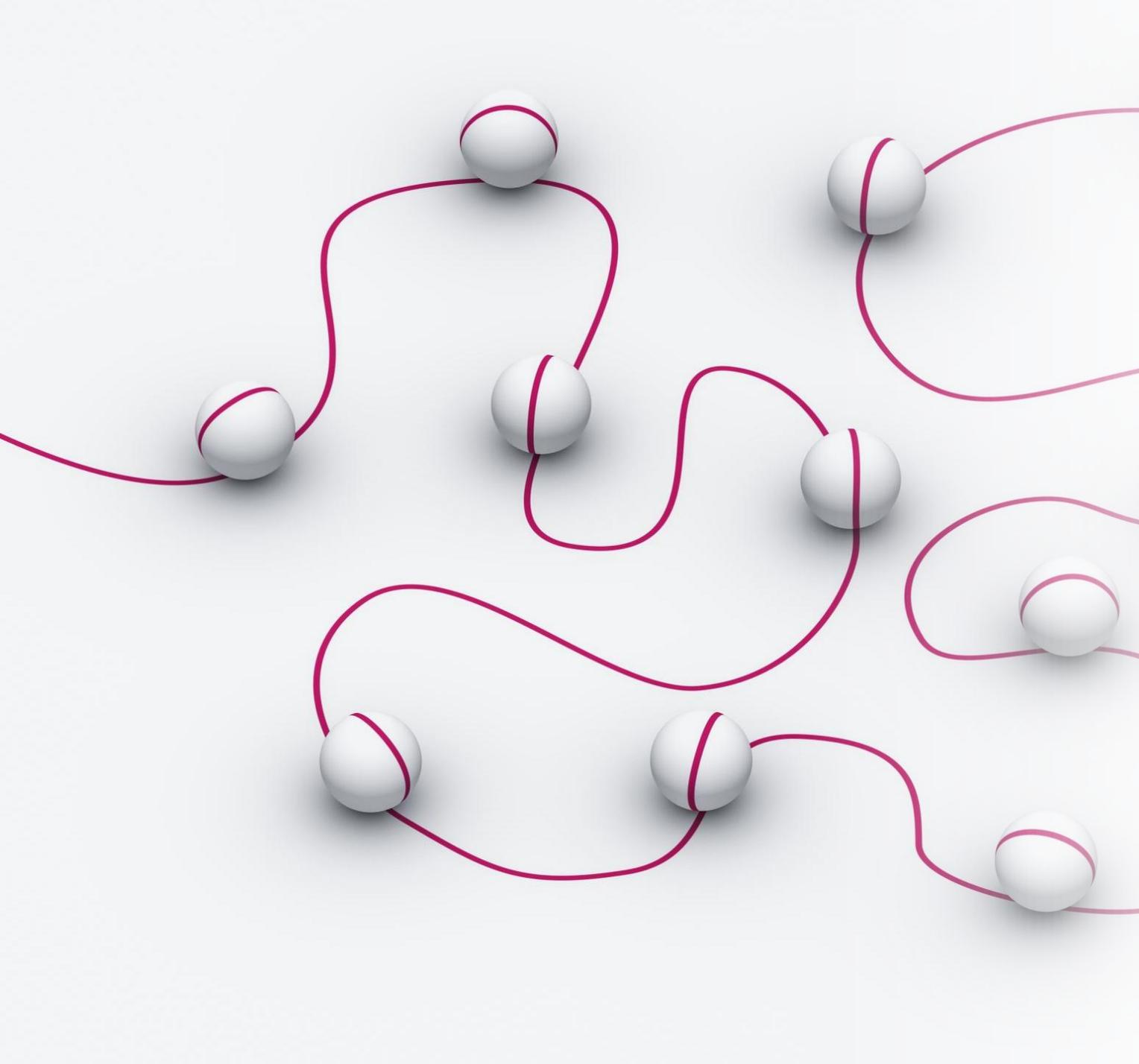
# Accepting the Invitation to Compassion



The Truth  
About  
Compassion  
Fatigue

Self-Love, Self-  
Compassion,  
Self-Care

Internal and  
External  
Resources



# Your Intentional Path Forward

## Reflection Question

Create an intention statement and identify one active strategy you can integrate today to experience a deeper sense of self-connection, self-love, and compassionate relational spaces with others.

Intention  
Statements  
Q&A



# Thank you for joining us today!

**Connect anytime!**  
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# Conscious Service

Ten ways to reclaim your calling,  
move beyond burnout, and  
make a difference  
without sacrificing yourself

Elizabeth Bishop

• Nursing • Nonprofit Work • Military • Mental Health • Media • Management • Leisure and Hospitality • Leadership •