

# A Meeting of Minds Leadership Series

## *Leading with Care and Compassion*

### Presenters Biographies

**Martin Shain, SJD:** Dr. Martin Shain is a social scientist and academic lawyer. His career spans more than 50 years, most of which has been directed toward the creation and maintenance of workplaces that sustain and promote mental health. He is founder and principal of the Neighbour at Work Centre and adjunct lecturer in the School of Public Health at the University of Toronto.

He is unreasonably proud of his contributions to Canada's National Standard on Psychological Health and Safety (CSA Z1003) and its forerunner, Guarding Minds at Work.

He is the author of five books (one with Mary Ann Baynton) and 80 articles that span the evolution of mental health interventions from the early days of individually focussed health promotion and employee assistance programs to today's emphasis on systemic solutions to mental injury prevention.

In this journey he has been privileged to work with luminaries and trailblazers in the field: Mary Ann Baynton and Deborah Connors being among the foremost.

Today he is concentrating on how to bolster legal provisions for creating and sustaining a psychologically safe workplace; how to design health promotion initiatives that support psychological safety and how to augment the impact of the National Standard by introducing a parallel standard for a psychologically safe culture based on the Neighbour at Work philosophy and practice.

He is delighted to find at this late stage of his career a new leaf in the form of mindfulness at work which he believes will synergize perfectly with the requirements of a "careful" workplace, one in which every effort is made to prevent reasonably foreseeable harm.

**Lisa Baylis, M.Ed:** Lisa has been sharing well-being strategies for the last 20 years. A natural-born connector with an innate ability to make people feel valued and heard, she is a teacher, a counsellor, a speaker, and a mother.

Lisa is a published author of *Self-Compassion for Educators* as well as, the creator of the AWE Method — *Awakening the Wellbeing for Educators* — which merges self-care, mindfulness, and self-compassion. Lisa has a Master's degree in Counselling Psychology and a Bachelor's degree in Physical Education. She has taught internationally and locally. Much of her vast teaching experience was gained in classrooms across British Columbia as a school counsellor. Currently, she is the Education Director for the Center for Mindful Self-Compassion, the non-profit organization created by Drs. Kristin Neff and Chris Germer to spread self-compassion around the world.

**Pippa Rowcliffe:** Pippa has worked in corporate, government and non-profit organizations, and over the last 20 years at a senior leadership level. Her passion is to nurture organizational cultures that support wellbeing and through this, high productivity. She is a Stanford University/Compassion Institute certified compassion cultivation facilitator, and is committed to bringing compassion focused awareness, practices and specific strategies into as many workplaces as possible.