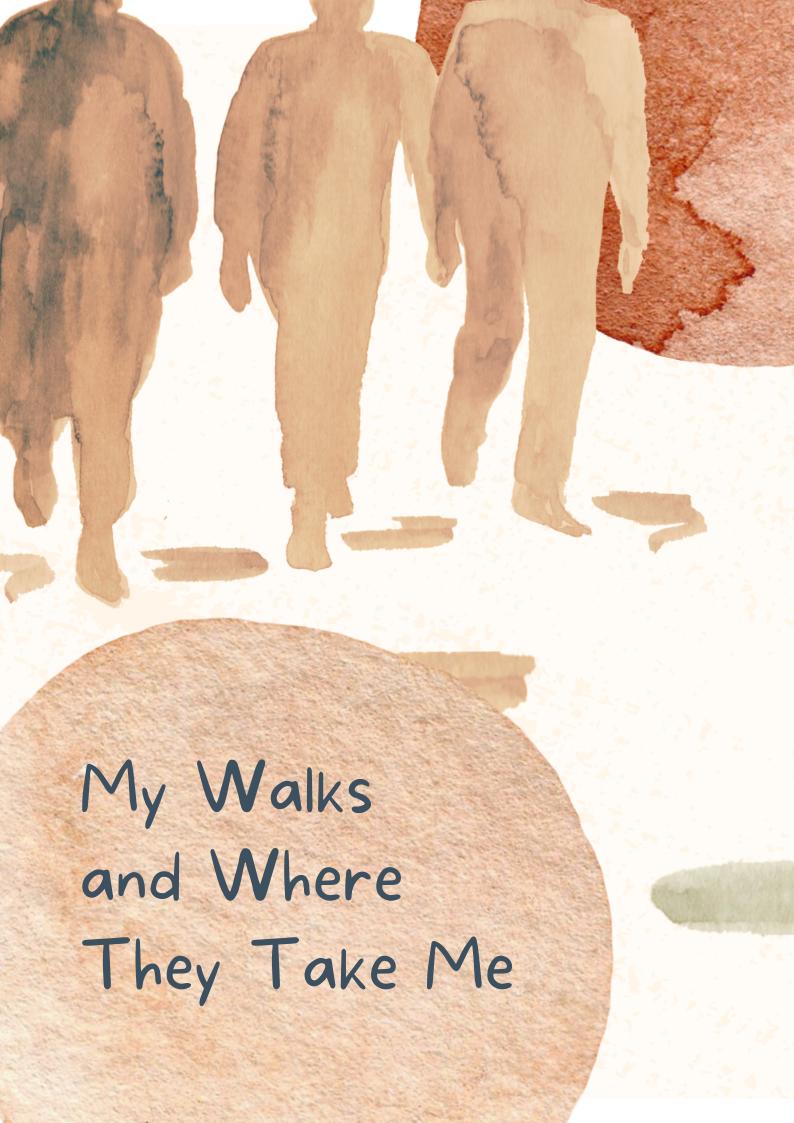
## I took a walk

One hand is necessary to wash the other.
We never stand alone



## My compassionate walk with GuildHE

I learnt the impact of compassion. We do not walk alone. We can stand with, walk with, sit with others and it will make a difference at the appropriate time. The essence of struggling with the concerns of others brought deep meaning.

## My empathy walk with Canterbury Christ Church University

I embraced the power of being accompanied by walkers. On the journey I witnessed the power of struggling with concerns, with challenges, with self-identity and reaching the place of self-identity, self-worth, identify and belonging. I sensed the importance of being connected and feeling with others.



"I came to the realisation that joy and grief are different sides of the same coin. Mourning with others brings depth to the healing power of crying and tears."

## The Walk of Compassionate Accountability

"Enables me to experience the range of emotions that makes life what it is - the valleys and the mountains, the celebrations, the gains, the successes and the failures. I am equipped to mark significant milestones and to appreciate, affirm, embrace and recognise others. I am able to care, connect and value the contributions of others as well as strive for excellence with the competence and capability that the situation requires. Connection and Competence are powerful and essential milestones in this journey of exploration and discovery. "