

COMFORT

EPISODE 4: PEARLS

For discussion in your teams or for your own personal reflection.

1. Chris Hadfield writes about the importance of comfort in his book about living on the International Space Station. The dictionary definition of 'comfort' is:

- a state of physical ease and freedom from pain or constraint.
- the easing or alleviation of a person's feelings of grief or distress.

In our workplaces, how do we help those who are in need of comfort?

How do we find comfort when we are feeling distress?



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