

Self-Compassion Speaker Series



Imagine If You Were 10% More Compassionate To Yourself

https://www.youtube.com/watch?time_continue=148&v=oLxoBF7lWNA

The Power Of Vulnerability

<https://www.youtube.com/watch?v=X4Qm9cGRub0>

Self-Compassion For Caregivers: Preventing Burnout

https://www.youtube.com/watch?time_continue=1237&v=CUK4FSTqilo

The Power Of Self-Compassion

https://www.youtube.com/watch?time_continue=578&v=t7VGVFL9vN4