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LEADERSHIP MATTERS

with Dr. Sheryl White

GUEST CO-HOST DR. UNDRAYE HOWARD



Leadership Matters
Wednesday at 2 PM Pacific
October 10th 2018: Mindful Self-Compassion
and Leadership

According to Verna Jagers, Mindfulness Teacher/Personal and Professional Coach, kindness opens our hearts to suffering, so we can give ourselves what we need. Self-compassion provides emotional strength and resilience allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves. Mindfulness opens us to the present moment so we can accept our experience with greater ease. Together mindful self-compassion comprises a state of warm-hearted, connected presence. You will not want to mis

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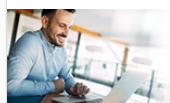
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