



The Power of Young People to Change the World
Thursday at 3 PM Pacific
November 25th 2021: Encore: 0923: The Inextricable Link Between Kindness and Mental Wellness

On September 1, the Born This Way Foundation, co-founded by Lady Gaga and her mother Cynthia Germanotta, launched the #BeKind21 campaign, an invitation for each of us to practice kindness towards ourselves and each other. Join us this week to meet Channel Kindness Advisory Board Members, Keely and Spencer. Hear their inspiring stories and learn how you can not only take the #BeKind21 pledge but create a kinder and braver world. Learn more and join the movement today at <https://bornthisway.foundation/bekind21/>

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Featured Guests

Guest Image

Keely C.
Keely C. (she/her/hers) is an Entrepreneur and Disability Activist dedicated to making social, systematic, and economic change. Keely founded her first company at a young age during her time in hospital, which developed into C Talent. C Talent represents d/Deaf and Disabled artists and athletes globally with the goal of normalizing people with disabilities being experts in subjects beyond disability. C Talent also provides disability inclusion consulting for Fortune 500 companies. Keely recently founded Zetta Studios which is set to be a fully accessible film studio. Keely appeared on the Forbes 30 Under 30 Europe Entertainment list 2021 as an honoree, is an Aerie Change-Maker, and sits on t

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Guest Image

Spencer H.
Spencer H. (he/him/his) was born with a rare genetic disorder called TAR syndrome, meaning that he was born with very short arms and has been a double amputee since age 6, and has also been recently diagnosed with autism. Despite his physical circumstances, that hasn't stopped him from actively participating in the work of inclusion, as well as being a spokesperson for Inclusion Matters, an organization focused on including children of all abilities in play. Go-to Affirmation: Including everyone is good for everyone. Being kind to everyone changes everyone. And it only takes one to bring together everyone.

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