

A MEETING OF THE MINDS LEADERSHIP SERIES SESSION 2 RESOURCES:

Resources:

Books: Self-Compassion by Kristin Neff
Compassionate Leadership by Rasmus Hougaard

Podcasts:

Brene Brown and Chris Germer - Near and Far Enemies of Fierce Compassion

Articles:

Self-Compassion will make you a Better Leader - <https://hbr.org/2020/11/self-compassion-will-make-you-a-better-leader>

Transformative Effects of Self-Compassion - <https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>

The Role of Self-Compassion in Development: A Healthier Way to Relate to Oneself - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2790748/>

7 Ways for Leaders to Cultivate Self-Compassion - <https://www.mindful.org/7-ways-for-leaders-to-cultivate-self-compassion/>