

# WOMEN IN LEADERSHIP

Join Host, **Simone Müller**, for our upcoming international roundtable session which will focus on...

- Equipping yourself to work with the inner critic using self-compassion
- Discovering the three components of self-compassion
- Learning a simple self-compassion exercise to use in daily life



This initiative supports the UN SDG: 'Gender Equality'



Join us on Zoom for  
**MINDFUL  
SELF-COMPASSION:  
SOOTHE THE  
NEGATIVE VOICE**

Tuesday, 27th September  
16:30 – 18:00 BST

08:30 PDT / 11:30 EDT  
/ 17:30 CEST

**With guest speaker..  
Lauren Ziegler**

Lauren is a Certified Yoga Therapist and Sleep Coach empowering people to better manage stress, improve relationships and get restful sleep. She is on the leadership team at Colorado State University Center for Mindfulness, works as a mind/body practitioner at an integrative medical clinic, and on some top meditation apps. She has been teaching for 12 years and specializes in pain management, spinal decompression and deep sleep. She is helping people bring mindfulness and meditation into their lives in her program My Still Life ([mystilllife.co](http://mystilllife.co)).