



## **DR. ANDREA HOLLINGSWORTH**

### **GLOBAL COMPASSION EXPERT**

Dr. Andrea Hollingsworth is a speaker, researcher, and seasoned psychotherapist who has spent decades studying the transformative power of compassionate leadership.

One of today's leading global experts on compassion, she has written and spoken extensively on the subject since 2008. Her articles on the science and spirituality of human relationships have been published more than a dozen times in peer-reviewed journals.

She has taught at prestigious institutions like Princeton, Boston University, and Loyola University Chicago, and delivered talks to audiences at some of the topranked universities in the world—including Cambridge University in England and Heidelberg University in Germany.

Andrea spends most of her time helping leaders and teams use The Compassion Advantage™ to build supercharged organizations through cultures of care—especially in times of challenge and change.

She lives in Maple Grove, Minnesota, with her family where she adores good books, conversations, and coffee.

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### TOPICS

#### **RADICAL SELF-COMPASSION**

How to Eff up without Giving Up

Mistakes can feel like monumental setbacks. But what if our failures, flaws, and foibles held the key to unlocking our true potential? In this empowering talk, Dr. Andrea explores the transformative power of radical self-compassion in the workplace and beyond. By reframing our worst fears and failures into opportunities to shine, she explores how we can find resilience and renewal in the face of life's inevitable messes and mishaps.

This keynote is ideal for audiences who are:

- Seeking to excel while maintaining their wellbeing
- Experiencing challenges, setbacks, or insecurities
- Aiming to boost their emotional resilience
- Intent on unlocking their full potential
- Looking to support and uplift others

Your audience will leave with:

- A deep understanding of the importance of self-compassion in work, life, and leadership
- Practical strategies for finding grit, grace, and resilience in the face of setbacks
- The ability to transform failures into opportunities for growth

#### **THE COMPASSION ADVANTAGE**

How to Build Supercharged Organizations Through Cultures of Care

In today's dynamic world of work, supportive cultures of care have become integral to success. Without the right balance of compassion and accountability, leaders risk losing their best people. In this impactful keynote, Dr. Andrea shares a powerful framework for navigating challenge and change with the highest levels of emotional intelligence, so we can help those we lead to the same. The result? More effective leaders, happier employees, and more cohesive, connected, and collaborative teams.

This keynote is ideal for audiences who are:

- Struggling to navigate challenge & change
- Feeling disconnected from their work or team
- Seeking stronger relationships with people at work
- Achieving goals at the expense of themselves
- Working to supercharge how they collaborate

Your audience will leave with:

- An expanded capacity to selfadvocate while empowering others
- Tools to manage stress, combat overwhelm, and lead effectively
- Recommendations for how to say hard things with heart
- Practical strategies to lead in effective, emotionally intelligent ways