

# Embrace self-compassion



Learn how to be kinder to yourself. Join our live webinar on Wednesday, July 9, 2025 at 1:00 p.m. CT. Scan the QR code to [register now](#).

Attend this webinar to:

- Define components of self-compassion
- Learn practical ways to incorporate these components into your daily life
- Practice a self-compassion exercise

**Visit your member website for more information.**