



Karen Skehel: Compassion: The Essential Way of Being for Today's Great Leaders



Karen is a compassion focused leadership and personal coach. Since 2002 she has been helping hundreds of clients in different sectors to achieve happiness, wellness, and success. Learn why compassion to yourself and others is so important, and how to bring more of it into your life. Start with yourself today and try out two compassion practices under Karen's guidance.

TOP EMBODIMENT TIP: Discover the compassion focused practices that work for you. Find a structure and discipline to practice them and love reaping the benefits.

What is Self Compassion: Compassion toward oneself and others

- Do a self scan right now - How am I feeling? What do I need at this moment?
- Compassion to others starts with compassion to oneself

Three keys to Self Compassion:

- **Be kind** to others
- Remember that you are a part of humanity, **you are not alone**
- Allow yourself to **feel your feelings**

Benefits of Compassion: List of benefits evidenced with research studies

- Increased happiness and resilience
- Alleviation or reduction of anxiety, depression, self-criticism, stress impact, risk of burnout
- Better social connection
- Positive collaboration and cooperation in the workplace

How to bring more Compassion into one's life: Start with Compassion to oneself

- Through **coaching** - individual or in a group
- **Practice** it in a day-to-day relationship with oneself
- Set **Compassion focused goals** (examples given). Having a goal/outcome/intention is inspiring

Visioning: Connect with how you feel inside and bring the future into the present

- Create **a cycle of Compassion** by giving and receiving it
- What am I doing and not doing already?
- Think - What is stopping me from having more Compassion in my life?

Resources

❖ **Social:** <https://www.linkedin.com/in/karenskehel/>



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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