


# COMPASSION WITH COLLEAGUES

You'll learn about the following topics:

  
**Improving Relationships**

  
**Managing With Kindness**

  
**Cultivating Compassion**

  
**Understanding Others**

  
**Communicating Directly**

  
**Emotional Intelligence**

  
**Accepting Yourself & Others**

*"I attended Marisa's gratitude and compassion workshops with 20 of my colleagues in San Francisco. The programs Marisa created and led were unique and unlike anything I've experienced. With professionalism and approachability, she helped the group connect on a human level that was very meaningful."*



– **Data Science employee**

*"I attended one of Marisa's 'Compassion with Colleagues' workshops. It was one of the most empowering sessions I have experienced . . . I would define the overall group as Passive Back Benchers. Marisa shared her successes/failures and helped create an environment of belonging, purpose, and vigor. I was surprised to see a personality shift and the energy level increase."*



– **Technology employee**



Marisa Lascher applies and teaches compassion, gratitude, and resiliency to help people and companies thrive. She was integral to the emergence of Positive Psychology and created a gratitude event that has been empirically validated to increase happiness and decrease depression. It was featured in the books *Authentic Happiness* and *Flourish* and was a *New York Times Magazine* Idea of the Year.

Marisa's practical experiences range across diverse industries including Financial Services, Data Analytics, Technology, Machine Learning, and AI. She has been published in *The New York Times* and *The Wall Street Journal*, and her work has been featured in *The Boston Globe*. She's currently studying Applied Compassion at Stanford University and lives in New York City.

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