

Women and Words!

Women and Words! is a community discussion group that meets once a quarter to address a different feminist topic or idea. Local speakers are invited to present and facilitate the discussion.

Cultivating Joy and Self-Compassion

Wednesday, January 15 ▪ 7PM

Cambridge Public Library- Rindge Room, 449 Broadway



Explore embodied self-compassion in life and leadership through practicing mindfulness, common humanity, and kindness.

Join **Barbara Best**, community organizer, youth advocate, and system change leader, as she explores the self-compassion practice that has been transformational for life and leadership. Best centers compassion in leadership – to meet suffering with kindness and know that we are not alone as we work on transformation.

Best served as Executive Director of the Harvard Kennedy School Center for Public Leadership and led the rapid expansion of public service fellowships from 51 to 118 graduate fellows over a five-year period, with 36% U.S. students of color, 32% international students from 29 countries, and 53% women.

Best is Doctor in Education Leadership candidate at the Harvard Graduate School of Education.

Light refreshments will be served. Free and open to all.

presented by



CAMBRIDGE COMMISSION
ON THE STATUS OF WOMEN

For more information, contact CCSW at womenscommission@cambridgema.gov

*The Cambridge Women's Commission recognizes, supports, and advocates for all who self-identify as women or with womanhood.