

Panel of Experts

# **Tiny Habits for Workplace Self Compassion**

Presented by Tiny Habits® Academy

# Tiny Habits for Workplace Self Compassion Experts



Host and Moderator  
Andrea Spyros



Sandra Chuma



Eva Gruber



Pam Marshall



## **You will:**

- **Learn the Tiny Habit Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Sandra Chuma

Mentor for Women

Tiny Habits Certified Coach

## Sandra's 3 Tiny Habit Recipes

1

**After I** finish a difficult conversation, **I will** give myself a hug.

2

**After I** brush my teeth, **I will** look myself in the eyes and say: I love you and I'm proud of you.

3

**After I** shut down my computer, **I will** think of one thing I'm proud of from that day.



Eva Gruber

Mental Fitness Expert

Tiny Habits Certified Coach

## Eva's 3 Tiny Habit Recipes

1

**After I** feel tense in my chest from stress, **I will** put my hand on my heart in comfort.

2

**After I** see myself on camera in a Zoom meeting, **I will** smile at myself.

3

**After I** push myself in a work task, **I will** imagine taking my younger self lovingly by the hand.



Pam Marshall

Mindset Coach

Tiny Habits Certified Coach

## Pam's 3 Tiny Habit Recipes

1

**After I** get triggered by someone at work, **I will** take one box breath and then respond.

2

**After I** say something self critical, **I will** pause and ask myself, 'What would I say to a friend?'

3

**After I** get home from work, **I will** get out of my car and walk to the corner.



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach