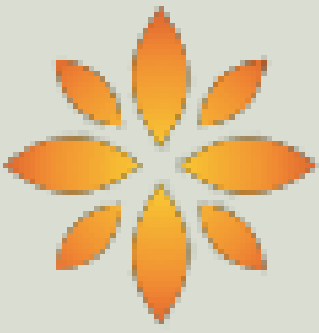


# SARA SCHAIRER

## COMPASSION WORKSHOP



FOUNDER AND EXECUTIVE DIRECTOR OF  
COMPASSION IT  
SAN DIEGO TRAUMA-INFORMED GUIDE TEAM  
COMMUNITY MINI-GRANT AWARDEE



<https://compassionit.com>

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Join our San Diego Trauma-Informed  
Guide Team's Membership / Visitor  
Meeting

**Friday, March 5th**  
**12:30 pm -- 2:00 pm**

Join Zoom Meeting

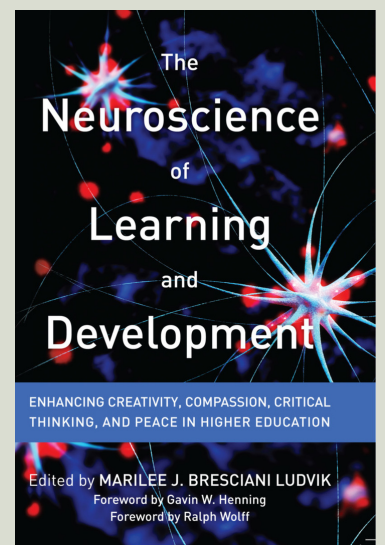
[https://us02web.zoom.us/j/89332247745?  
pwd=RTIOS1Rtbi9pYWtQQIVTOFZ2UXBHZZz09](https://us02web.zoom.us/j/89332247745?pwd=RTIOS1Rtbi9pYWtQQIVTOFZ2UXBHZZz09)

Meeting ID: 893 3224 7745

Passcode: Resilient

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Sara is a contributing author to  
the book *The Neuroscience of  
Learning and Development:  
Enhancing Creativity, Compassion,  
Critical Thinking and Peace in  
Education*, and writes for Deepak  
Chopra's Center for Wellbeing  
website.



Sara gives talks and leads experiential  
workshops on burnout prevention, implicit  
bias, mindfulness, and compassion. She also  
created the one-of-a-kind reversible  
Compassion It wristband that prompts  
compassionate actions on six continents, 50+  
countries and all 50 states.



San Diego  
Trauma-Informed  
Guide Team