

## *Leah Weiss*

Leah Weiss, Ph.D. is a researcher, lecturer, consultant, and author. She teaches Compassionate Leadership at the **Stanford Graduate School of Business**, where she created the perennially-waitlisted course "*Leading with Mindfulness and Compassion*." She is a principal teacher and a founding faculty member of Stanford's "Compassion Cultivation Program," conceived by the Dalai Lama.

Her first book, "*How We Work: Live Your Purpose, Reclaim Your Sanity, and Embrace the Daily Grind*" (HarperWave) focuses on developing compassionate and soft skill-based leadership while also offering research-backed actionable steps towards finding purpose at work.

## *Nanja Holland Hansen*

Nanja Holland Hansen is a licensed psychologist in Denmark and California. She trained at Stanford University as a Compassion Cultivation Training teacher and is a certified through the Center for Compassion Altruism Research and Education (CCARE). She is a senior CCT teacher with the Compassion Institute.

She originally got involved with compassion through her work as a therapist. The search for new and effective ways to work with clients developed into the interest in cultivating compassion for self and others. Nanja recently moved back to Copenhagen, Denmark, after working at Stanford University as a therapist.

She conducts research on the CCT program at the Danish Centre for Mindfulness, Aarhus University, Denmark, where she also teaches the CCT course in Copenhagen and Aarhus. She published a book on compassion in 2017 called *Compassion: Lær at rumme svære følelser*.