



Hollingsworth
Consulting

The Compassion Advantage™

How top leaders build
unshakeable organizations
through cultures of
accountability and care.



Andrea Hollingsworth, Ph.D
Global Compassion Expert
Speaker, Author, Consultant





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Compassion brings people and organizations back to *life.*

When leaders are compassionate, individuals and teams FEEL it.

It transforms how they work for the better—even in times of challenge and change.

They go from **overwhelmed** to **productive.**

From **burned out** to **highly engaged.**

And they find the EXACT support they need to **exceed expectations** and *thrive.*

That's **The Compassion Advantage™.**

Trusted by





Compassion asks us to lead in a *different* way...

It isn't just a soft skill, it's
a power skill that leads to:

happy workers
employee well-being
job satisfaction
higher retention
better work

With The Compassion Advantage™, **there
are no limits to what you can achieve.**

82%

82% of employees say
they would leave their
role to work for a more
empathetic company.¹

1 Shanahan, 2023

76%

76% of workers who feel
their manager is
compassionate are highly
engaged.²

2 Van Bommel, 2020

85%

85% of employees report
that caring leadership
increases productivity.³

3 McWilliams, 2021



Andrea Hollingsworth, Ph.D., is an acclaimed keynote speaker, bestselling and award winning author, and trusted consultant who's spent years studying the transformative power of compassion. Since 2008, she has been speaking and writing about the science and spirituality of human emotions and relationships. Her articles have been published more than a dozen times in peer-reviewed journals, and she has taught at prestigious institutions like Princeton, Boston University, and Loyola University Chicago. In addition, Dr. Andrea has delivered talks to audiences at some of the top-ranked universities in the world—including Cambridge University in England and Heidelberg University in Germany.

Dr. Andrea spends most of her time inspiring leaders and teams to use **The Compassion Advantage™** to build supercharged organizations through cultures of care—especially in times of challenge and change. She lives in Maple Grove, Minnesota where she cheers hard at her son's soccer games and relishes every opportunity to visit the north shore of Lake Superior.



Keynotes

Discover The Compassion Advantage™ framework for building unshakeable organizations through cultures of accountability and care.

“

One of the best speakers I've heard.



Kurtis Karn

Associate Vice President of Talent Acquisition

A slam-dunk option for anyone looking for a speaker.



Chris Carlson

Director of Program Experience

Her ability to make a connection with her audience is impeccable



Sheila Neulieb

Human Resources Manager



FLAGSHIP KEYNOTE

The Compassion Advantage

How to Lead with Heart, Supercharge Resilience, and Get Results that Matter.

In today's dynamic world of work, supportive cultures of care have become integral to success. Without the right balance of compassion and accountability, leaders risk losing their best people.

In this impactful keynote, Dr. Andrea shares a powerful framework for navigating challenge and change with the highest levels of emotional intelligence, so we can help those we lead to the same.

The result? More effective leaders, happier employees, and more cohesive, connected, and collaborative teams.

This keynote is ideal for audiences who are:

- ✔ **Struggling** to navigate challenge & change
- ✔ **Feeling** disconnected from their work or team
- ✔ **Seeking** stronger relationships with people at work
- ✔ **Achieving** goals at the expense of themselves
- ✔ **Working** to supercharge how they collaborate



Your audience will leave with:

- ✔ An **expanded capacity** to self-advocate while empowering others
- ✔ **Tools** to manage stress, combat overwhelm, and lead effectively
- ✔ **Recommendations** for how to say hard things with heart
- ✔ **Practical strategies** to lead in effective, emotionally intelligent ways



KEYNOTE

Compassionate Agility

Balancing Care and Efficiency in Leadership

How can leaders maintain a high level of caring connection *while* dexterously guiding people through difficult, new, complex, unpopular, or otherwise stress-inducing circumstances? In this keynote geared toward audiences facing uncertainty and change, Dr. Andrea shares stories, science, and practical tools for practicing *compassionate agility* – defined as “the ability to prioritize empathic connection and support, while deftly and boldly navigating challenge and change.” Your audience will walk away enriched with practical wisdom, inspiring examples, and actionable strategies for doing and saying hard things in connected, genuine, and human ways.

This keynote is ideal for audiences who are:

- ✓ **Facing** significant change and/or challenge
- ✓ **Desiring** boosted emotional resilience, boundaries, and self-compassion
- ✓ **Looking** for ways to navigate decisions, changes, and initiatives with boldness, efficiency, confidence, and timeliness *while at the same time* making people feel seen, safe, included, and supported



Your audience will leave with:

- ✓ An **expanded capacity** to self-support and maintain inward boundaries while supporting and empowering others through difficulty
- ✓ **Tools** to manage stress, and stay grounded yet nimble amid uncertainty
- ✓ **Fresh insights** into the crucial roles of candor, clarity, and consistency in leadership - with tips for how to practice these
- ✓ **Excellent strategies** for maintaining inward equanimity in the face of emotional struggle – whether one’s own, another’s, or both
- ✓ Strategies for **decision-making** that’s both strategically inclusive and boldly decisive



KEYNOTE

Radical Self-Compassion as a Leadership Superpower

Mistakes can feel like monumental setbacks. But what if our insecurities and flaws held the key to unlocking our true potential? In this empowering talk, Dr. Andrea Hollingsworth explores the transformative power of radical self-compassion in the workplace and beyond. By reframing our worst fears and foibles into opportunities to shine, she explores how we can find resilience and renewal in the face of life's inevitable mishaps.

This keynote is ideal for audiences who are:

- ✓ **Seeking** to excel while maintaining their wellbeing
- ✓ **Experiencing** challenges, setbacks, or insecurities
- ✓ **Aiming** to boost their emotional resilience
- ✓ **Intent** on unlocking their full potential
- ✓ **Looking** to support and uplift others



Your audience will leave with:

- ✓ A **deep understanding** of the importance of self-compassion in work, life, and leadership
- ✓ **Practical strategies** for finding grit, grace, and resilience in the face of setbacks
- ✓ The **ability** to transform failures into opportunities for growth