



## CERTIFICATE OF COMPLETION

AWARDED TO

*Kristina Coll*

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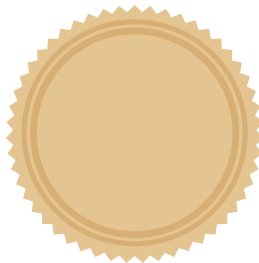
FOR SUCCESSFULLY COMPLETING THE  
**8-WEEK MINDFUL SELF-COMPASSION COURSE**  
**11/20/21**

The 8-Week Mindful Self-Compassion (MSC) Course, a mindfulness-based, self-compassion training program developed by Christopher Germer, PhD and Kristin Neff, PhD to cultivate the skill of self-compassion.

*Beth Sandweiss*

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BETH SANDWEISS  
Certified MSC Teacher



*Catherine Krame*

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CATHERINE KRAMÉ  
Trained MSC Teacher