

# Certificate of Completion



Aishwarya Bajaj

Has completed the

**Mindful Self-Compassion (MSC) Course**  
an Online Training

with

Ben Weinstein, PhD. & Siri Chandler

from

January 23 to March 20, 2022

A handwritten signature in black ink, appearing to read 'Ben Weinstein'.

(Ben Weinstein, PhD.)

A handwritten signature in black ink, appearing to read 'Siri Chandler'.

(Siri Chandler)

Mindful Self-Compassion (MSC) is an 8-week, mindfulness-based, self-compassion training program developed by Christopher Germer, PhD and Kristin Neff, PhD to cultivate the skill of self-compassion.  
[www.centerformsc.org](http://www.centerformsc.org)