



Sarah McLain

HOST OF INSPIRING SELF-COMPASSION PODCAST

Biography

As the podcast host of Inspiring Self-Compassion with Sarah McLain, Sarah provides tools and resources for the development of an entrepreneurial self-compassion mindset to newer female entrepreneurs struggling with self-criticism, self-doubt, fear of failure, and impostor syndrome and are ready to transform their mindsets so that they can overcome their inner critics and push their businesses forward with confidence, courage, and authority.

With 15+ years of personal practice, Sarah has mentored other women for the past 5 years in the daily practice of self-compassion, helping them set boundaries in their personal and work relationships, manage the ups and downs of starting a healthy lifestyle, and discover strategies to navigate the mindset roadblocks that crop up during their first steps into entrepreneurship.

When not podcasting, educating, or building her business, you'll find her hanging out with her cats, Tasha and Rory, walking all around Boston, and reading women writers.

Suggested Topics:

- self-compassion
- self-compassion and entrepreneurship
- mindset transformation
- self-compassion and health, relationships, productivity, completing goals

Suggested Questions:

- What is self-compassion?
- How did you discover self-compassion?
- How has self-compassion transformed your life and business?
- What's the biggest piece of advice you have for new entrepreneurs?

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