"Altruism and Compassion" Abigail Marsh,
https://www.ted.com/talks/abigail_marsh_why_some_people_are_more_altruistic_than_others

"The why and how of Effective Altruism" Peter Singer
https://www.ted.com/talks/peter_singer_the_why_and_how_of_effective_altruism

"How to let Altruism be your Guide" Matthieu Ricard
https://www.ted.com/talks/matthieu_ricard_how_to_let_altruism_be_your_guide

Also Helen Kingston provided a link to a relevant book which is obtainable through the Library: '*How to be Perfect: the correct answer to every moral question*' by Michael Schur (2022)