

Self-Compassion & Emotional Resilience

Presented by Dr. Kristin Neff

Workshop Details

October 20, 2017

9am – 4:30pm

Location

Bingemans

425 Bingemans Centre Dr.

Kitchener, Ontario

Fees:

Early-Bird Rate: \$225 + HST

After Sept 19: \$250 + HST

Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at

missionempowerment.ca



About the Workshop

For many years self-esteem was seen to be the key to psychological health. However, research psychologists have identified several downsides to the endless pursuit of self-esteem such as ego-defensiveness, constant social comparisons and instability of self-worth. Research suggests that self-compassion is a healthier way of relating to oneself, offering all the benefits of self-esteem without its downsides.

Learning Objectives

- Identify the three key components of self-compassion
- Describe key research that supports the benefits of self-compassion
- Practice techniques to increase self-compassion in everyday life
- Learn some of the core skills of the 8-week Mindful Self-Compassion (MSC) program developed by Kristin Neff and Christopher Germer
- Use self-compassion to alleviate caregiver burnout
- Teach basic self-compassion skills to clients

This workshop is intended for professionals who want to learn self-compassion skills that they can integrate into their work life and teach to clients. It is also appropriate for anyone who wants to develop more self-compassion in their personal life.

About the Presenter

Kristin Neff, Ph.D., is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. She is an Associate Professor of Human Development and Culture at the University of Texas at Austin, and the author of ***Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind***. She offers workshops worldwide, and has developed (in partnership with Chris Germer) an eight-week Mindful Self-Compassion (MSC) program; an empirically supported and internationally recognized program designed to cultivate self-compassion. In 2016, Kristin also partnered with Brené Brown, Ph.D., to develop and co-facilitate an online course on Self-Compassion. For more information about Kristin and her work, go to www.self-compassion.org

mission: empowerment!

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