

# Self-Compassion & Emotional Resilience

## Presented by Dr. Kristin Neff

### Workshop Details

**May 10, 2019**

**9am – 4:30pm**

### Location

**BEST WESTERN PLUS  
The Arden Park Hotel  
552 Ontario Street  
Stratford, Ontario**

### Fees:

Early-Bird Rate: \$225 + HST  
After April 9<sup>th</sup>: \$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](http://www.self-compassion.org)

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