

Self-Compassion & Emotional Resilience

Presented by Dr. Kristin Neff

Workshop Details

April 8, 2016

9am – 4:30pm

Location

BEST WESTERN PLUS

Arden Park Hotel

552 Ontario Street

Stratford, Ontario

Fees:

Early-Bird Rate: \$199 + HST

After March 7: \$219 + 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 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 is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. Kristin was recently featured in the award-winning documentary called *The Horse Boy* which chronicles her family's adventure with autism.

mission: empowerment!

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