

# Fierce Self-Compassion

## Presented by Kristin Neff, PhD

### Workshop Details

**Oct 2 & Oct 9, 2020**

**10am – 1pm ET\***

[Convert to your Time Zone](https://www.timeanddate.com/worldclock/converter.html)

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### Location

**Online Live Stream  
Event**

### Fees:

Early-Bird Rate: \$199 + HST

After Sept 2: \$225 + HST

*\*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](http://missionempowerment.ca)



### About the Workshop

This unique workshop is focused on integrating yin and yang – tender and fierce – self-compassion. Yin self-compassion involves “being with” ourselves in a compassionate way, as we naturally do for our friends who struggle. Yang self-compassion involves taking action in the world to protect, provide and motivate ourselves – saying “no” to others who are hurting us, drawing our boundaries firmly; giving ourselves what we need to be fulfilled mentally, emotionally, physically and spiritually; and motivating ourselves to reach our goals or make needed changes. It will teach theory, research, and concrete practices from the empirically-supported Mindful Self-Compassion program, as well as new practices developed specifically to engender fierce self-compassion.

At the end of the program participants will better able to:

- Identify the central components of yin and yang self-compassion
- Identify the problems with separating fierce and tender self-compassion
- Describe key research that supports the benefits of self-compassion
- Utilize techniques to increase and integrate yin and yang self-compassion in everyday life

This workshop is most appropriate for individuals who already have some experience practicing self-compassion and/or mindfulness. It is relevant for the general public as well as to practicing mental health professionals.

### 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 several books related to Self-Compassion. 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.

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