

# Join us for a one-day workshop

WITH THE WORLD'S LEADING RESEARCHER  
OF SELF-COMPASSION



## SELF-COMPASSION AND EMOTIONAL RESILIENCE with Dr. Kristin Neff

- Practice techniques to increase self-compassion in everyday life
- Motivate yourself with kindness rather than self-criticism
- Understand the role of self-compassion in caregiver fatigue

### About the workshop

Self-compassion involves treating ourselves kindly, like we would a good friend we cared about. Rather than continually judging and evaluating ourselves, self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease.

Through discussion, meditation, and experiential exercises, you will gain practical skills for responding in a kind, compassionate way whenever you are experiencing painful emotions.

### Dr. Kristin Neff, PhD

Associate Professor of Human Development and Culture at the University of Texas at Austin, researcher, and author. A pioneer in the field of self-compassion research, she conducted the first empirical studies on the subject over a decade ago, and co-created an 8-week training course in self-compassion with Dr. Chris Germer.

**Friday, September 16, 2016**

**NIAKWA COUNTRY CLUB**  
620 Niakwa Road, Winnipeg, Manitoba

9:00 a.m. to 4:30 p.m.

REGISTRATION: \$225

### Who should attend?

This workshop is open to all, and will be of interest to all health and human service providers, as well as the general public.

### FOR MORE INFORMATION:

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### TO REGISTER:

[chcm.signupship.com/register/signup](http://chcm.signupship.com/register/signup)