



THE IMPORTANCE OF SELF-COMPASSION: For Emotional Regulation and Resilience

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

In times of pressure and uncertainty, how you relate to yourself becomes a critical factor in how you think, perform, and connect with others.

When capacity drops, most people instinctively increase internal pressure, becoming more self-critical in an attempt to stay effective. But this often has the opposite effect: reducing clarity, increasing reactivity, and making it harder to recover, adapt, and stay engaged.

This session explores self-compassion not as a "soft" concept, but as a practical way to remain steady, responsive, and effective- especially during times of uncertainty.

KEY TAKEAWAYS:

- What self-compassion actually is (and what it is not)
- Why we need self-compassion in uncertain times when the instinct to become harder on ourselves
- The impact of low self-compassion on performance, decision-making, and relationships
- The internal and external barriers to self-compassion
- Practical ways to cultivate self-compassion

