



CULTIVATING SELF-COMPASSION DURING CHALLENGING TIMES

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

This community webinar is being delivered in recognition of World Kindness Day in November, with the intention of extending kindness to ourselves.

ABOUT THIS WEBINAR:

In the face of change and uncertainty, we are made to adapt to new realities and environments that are unfamiliar and sometimes unideal. More than ever, it is vital to live in the present and respond to our circumstances with self-compassion.

With situational life changes, daily stressors, and the ongoing global challenges that continue to impact us all, it can be common to experience a harsher and louder inner-critic that is difficult to silence. In this talk, you will learn strategies to tackle your critical inner voice, and understand how to face challenges and changes with more compassion and humanity, especially towards oneself.

JOIN US TO LEARN:

- Gain an understanding of the concepts of self-compassion and the impact on the inner critic and mental health during ongoing challenging times.
- Learn ways to be kinder and more gentle with yourself in the day-to-day.
- Learn evidence-based techniques that will help change the narrative around living through challenging times.

