



BE WELL SPEAKER SERIES: SELF-COMPASSION: CARING FOR OTHERS WITHOUT LOSING YOURSELF

PEDAGOGICAL FOCUS: WELL-BEING



**Facilitated By:
Kristin Neff, Ph.D., Author**

The Be Well Speaker Series aims to build on the intentions set and conversations started at the Only One You conference in October 2022, inviting you to continue investing in your most precious resource: YOU!

Our first instinct when we fail, suffer, or feel inadequate may be to criticize or to judge ourselves - but there is a better way to get through life's hardships. A way that enables us to achieve our highest potential and lead more contented, fulfilling lives. And that's through self-compassion.

In this session, Dr. Kristin Neff will walk us through practices designed to increase motivation, foster grit and growth mindset, and rebound from failure, all through the cultivation of self-compassion.

WHEN?

Thursday, February 2

6:30 - 7:30PM

WHERE?

Via ZOOM

Access link and password will be emailed prior to event

COST?

FREE



REGISTER NOW!