

What is Mindful Self-Compassion?

Mindful Self-Compassion (MSC) is an empirically supported course developed by Christopher Germer (PhD) and Kristin Neff (PhD) designed to cultivate self-compassion and mindfulness skills. MSC helps us learn to befriend ourselves and build a warm-hearted response to our daily experience, especially during difficult times.

MSC also helps us to:

- tap into and build our emotional strength and resilience (and lower levels of anxiety and depression)
- treat ourselves with the same kind understanding we would a good friend
- motivate and encourage ourselves
- meet difficult emotions with greater ease
- care for ourselves whilst caring for others
- build more satisfying personal relationships
- and live more authentically

Anyone can learn and develop MSC skills even if we haven't had much previous experience – we take it slow!

MSC 5 Day Intensive Format:

Thursday: 6-9pm - Session 1

Friday - Monday: 9.30-12.30 Session (12.30-1.30 Lunch) 1.30-4.30pm Session*

**On Sunday the morning session will be a practice retreat*

All participants will be provided with a copy of [The Mindful Self-Compassion Workbook](#) to support your learning and ongoing practice.

Venue:

Sophia – a beautiful, restorative space <http://www.sophia.org.au>

Your teachers:

Tina: Passionate, experienced and warm-hearted MSC & Mindfulness Teacher with extensive experience health and community sectors. Tina is currently the only Certified MSC Teacher Trainer and Mentor in Australia and has taught MSC to people from all walks of life and alongside both Kristin Neff and Chris Germer.

Emma: A trained MSC teacher with a background in social work and two decades worth of working in mental health advocacy/promotion where Emma has learnt self-compassion can truly make a difference. Emma teaches from the heart, bringing her lived commitment to MSC as a gentle and authentic ongoing way of living.

Keeping a COVID-19 safe:

We will be ensuring social distancing, hygiene and check-in requirements are met. To do so we ask that you please provide your own lunch and comfort items such as rugs/yoga mats. We will provide herbal teas, and Sophia has a fully equipped kitchen.