

Mindful Self-Compassion 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 all aspects of ourselves and build a warm-hearted response to our daily experience, especially during difficult times.

MSC can also help 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, support and encourage ourselves
- meet difficult emotions with greater ease
- care for ourselves whilst caring for others
- build more satisfying personal relationships
- live more authentically

MSC 5 Day Intensive Format:

Online information session is required: **Tuesday 7 - 8:30pm 22nd Aug.**

Thursday: 6:30 - 8:30pm

Friday - Monday: 9.30 -12.30 (Lunch 1 hour) 1.30 - 4.30pm

All participants will be provided with a copy of The MSC Workbook

The Sophia Venue: 225 Cross Road Cumberland Park S.A

Sophia is a beautiful venue with a simply sublime and expansive garden area.

Sophia has a fully equipped kitchen and is both comfortable and spacious. Compassion practice can be challenging at times - this venue is a refuge for to meet such moments.

Your Teachers:

Tina: A passionate, experienced and warm-hearted MSC & Mindfulness Teacher with extensive experience within health, education 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: With a background in social work and two decades worth of working in mental health advocacy/promotion, Emma has learnt self-compassion can truly make a difference. Emma teaches from the heart, bringing her lived commitment to MSC as a gentle, creative and authentic ongoing way of living.

Pete: Bringing a wealth of experience of 'getting along with folk' - built from years of working within the building industry - supporting his fellow colleagues and later transitioning into counselling and teaching MSC, Pete is a comfort to have in the space. His listening skills are warm and steady, he simply never seems in a rush.