

Mindful Self-Compassion Core Skills

Online-Morning or Evening (6 weeks)

Find your inner strengths

Learn the power of being your own best friend!

Increase resilience, wellbeing and satisfying relationship!

Mindful Self-Compassion is about being more effective, loving and happier.

You will learn strategies to build inner resources that you can practice in your daily life and teach others.

Research shows that mindfulness and self-compassion reduce anxiety, pain, depression, stress burnout, and increase emotional well-being, satisfying personal relationships and enhanced self-care.

Presented by Marie Bloomfield, Clinical Psychologist and John Julian, Social Worker, both Senior Certified Mindful Self-Compassion Teachers. Marie and John are both Medicare providers with over 40 years of extensive experience in the delivery of psychological services in mental health in the public, corporate, academic and private sectors. In addition, they have conducted over one hundred mindfulness and self-compassion programs.

Week 1: The art of Self-Compassion

Week 2: The art of Mindfulness

Week 3: The Science and Practices of Loving-Kindness

Week 4: Making Peace with your Inner Critic

Week 5: Managing Difficult Emotions

Week 6: Hardwiring for happiness



MindfulPath

Online Mindful Self-Compassion Core Skills

Morning (10:00-11:30am) or **Evening** (7:00-8:30pm)

Date: 2 July - 6 August 2020

Cost: Early bird (16 June) \$99.00, Regular \$120.00

For more information or to register visit: www.mindfulpath.com.au

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