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Self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

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# Self-Compassion Training

Schedule a live-online class to learn and grow together with friends and family.



Skills learned in this training:

- Practice mindfulness and self-compassion in daily life
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Manage caregiver fatigue
- Live in accord with your values, which leads to a happier more satisfying life

**Instructor:** Jamie Lynn Tatera, Certified Mindful Self-Compassion Instructor

**Location:** Live online (on your tablet, computer or phone); recorded make-up sessions available

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*“Jamie Lynn is brilliant, skillful and real. Her class will create a mindshift, and you will never be the same.”*  
-Amy Lovell, President of REDgen

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Contact Jamie Lynn to learn more about her family and individual wellness offerings at [jamielynn@whollymindful.com](mailto:jamielynn@whollymindful.com) or visit [www.whollymindful.com](http://www.whollymindful.com).



A healthy mind leads to a happy life.