
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.

Self-Compassion for Parents and Educators



Key Takeaways:

- Practice mindfulness and self-compassion when you need it most
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Reduce caregiver fatigue
- Care for yourself while you care for others
- Anchor yourself to your values to increase resiliency and satisfaction

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

Dates: Mondays, July 27th through August 31st, 2020

Location & Time: Live Online from 9:30-10:30am CST; recorded make-up sessions available

Investment: \$179 *Partial Scholarship options available for individuals experiencing financial hardship

Registration: <https://www.whollymindful.com/6-wk-self-compassion.html>

"This course was helpful for me personally, and for me as a caregiver to my daughter."

Contact Jamie Lynn with questions or to learn more at jamielynn@whollymindful.com or visit www.whollymindful.com.



Note: This Self-Compassion training serves as a prerequisite for educators participating in the Self-Compassion for Kids pilot program.

Because a healthy mind
leads to a happy life.