

compassion it.™

INCREASE RESILIENCE AND REDUCE BURNOUT

Research indicates that self-compassion increases overall well-being and resilience. Through group discussion and experiential exercises, our 90-min *Self-Compassion to the Rescue* Workshop helps participants understand and develop compassion for self.



WORKSHOP OUTCOMES

Learn the main pillars of self-compassion

Understand psychological and physical benefits of compassion for self

Understand why we need to cultivate self-compassion

Learn simple techniques to practice self-compassion and self-care

"After your workshop, I called no less than three friends on the long return drive back to the office, told the two front desk staff, the Dir. of Development, my CEO, the HR director and every family member who took my call, about your impactful talk. It was clear, concise, sincere and informative, giving us tools we can use everyday."

J.B., Director
Family YMCA of the Desert,
Palm Springs, CA

Contact Sara Schairer at sara@compassionit.com to learn more.