Mindful Self-Compassion
FUNDAMENTAL CONCEPTS & SKILLS

Mindful Self-Compassion Fundamental Concepts & Skills Workshop (MSC1D) is a 1-day evidence-based skills-building training in mindfulness and self-compassion.

This is an adaptation of the 8-week MSC program developed by Dr. Chris Germer and Dr. Kristin Neff and offered through the Center for Mindful Self-Compassion.

In MSC1D you will:

- *Build an understanding of mindful self-compassion and its elements*
- *Explore the benefits of self-compassion*
- *Learn how to integrate mindfulness and self-compassion into daily life*
- *Use self-compassion to handle difficult emotions with greater ease*
- *Practice motivating yourself with kindness rather than criticism*
- *Use self-compassion to live in accord with your values*

> "A MOMENT OF SELF-COMPASSION CAN CHANGE YOUR ENTIRE DAY - A STRING OF SUCH MOMENTS CAN CHANGE THE COURSE OF YOUR LIFE"
>
> - Chris Germer, PhD

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