



# Mindful Self-Compassion

## E S S E N T I A L S

Mindful Self-Compassion (MSC) Essentials is a 90-minute evidence-informed workshop in mindful self-compassion.

This introductory training captures key points from the eight-week MSC program developed by Dr. Kristin Neff and Dr. Christopher Germer.

MSC Essentials focuses on building awareness and teaching basic skills in self-compassion. MSC Essentials encourages participants to:

- *Gain an understanding of mindful self-compassion*
- *Explore the benefits of self-compassion*
- *Identify ways to implement self-compassion into daily life*
- *Recognize resources for mindful self-compassion*

MSC WORKSHOPS ARE OFFERED  
FOR FREE TO ANY ORGANIZATION  
OR GROUP IN CHATHAM COUNTY

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