

MINDFUL SELF-COMPASSION TRAINING COURSE **ONLINE FEBRUARY-APRIL 2022**

Compassion ... helps the brain to function more smoothly ... [and], compassion gives us inner strength; it gives us self-confidence and that reduces fear, which, in turn, keeps our mind calm. Therefore, compassion has two functions: it causes our brain to function better and it brings inner strength --Dalai Lama

If you are continually judging and criticizing yourself while trying to be kind to others, you are drawing artificial boundaries and distinctions that only lead to feelings of separation and isolation

--Dr. Kristin Neff, The Proven Power of Being Kind To Yourself



Mindful Self-Compassion (MSC) is the ability to be present in the face of challenges while we support and motivate ourselves in the same way we would do for a good friend. **MSC is a source of inner strength and resilience.** The MSC course teaches concrete practices for daily life that will help you to respond to difficult moments with calm, kindness, care and understanding as well as becoming more able to stand up for and motivate yourself and set limits.

MSC builds on our basic resources as human beings. As a human being, each of us already has the capacity for kindness and resilience. MSC teaches core principles and practices that empower participants to respond to the stresses and difficulties of their lives with a kind, connected presence. In MSC, participants cultivate skills of self-compassion with experiential exercises and practices that they can apply in their daily lives.

The program integrates cutting-edge understanding of human growth and thriving based on neuroscience, positive psychology, behavioral science and human development. **It's proven to help!** Published scientific research clearly demonstrates that self-compassion is strongly associated with increased resilience and emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

This version of MSC training program online includes 8 sessions on Monday evening:

- 8 core course sessions X 3 hours each (24 hours total) on Mondays at 6.30pm Singapore Time and 5.30pm Thailand time.
- A 3-hour, online retreat session on a Saturday morning after the 5th session (see schedule below)

Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 20-30 minutes per day on their own throughout the program.

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. **Please look at MSC as an experiential training and not a class.** The main goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

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Who can participate?: Any adult located in the Asia-Pacific region is welcome to register. No previous experience with mindfulness or meditation is required

Prerequisites?: No previous experience with mindfulness or meditation is required to attend MSC!

To insure safety, participants are asked to provide background information when they register for the program.

We do recommend that participants read one or both of following books before or during the program (but it's not required):

- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff
- *The Mindful Path to Self-Compassion*, by Christopher Germer

Mindful Self-Compassion Course Online Schedule: Feb-April 2022

Please check the schedule and plan to attend every session- all sessions are on Zoom

ALL TIMES ARE IN SINGAPORE TIME UTC+8. This is one hour ahead of Thailand

Date	Time	What?
Sunday, Feb 13	6:30-7:30pm	<u>MSC Course Info Session</u> - this free, brief session is a chance to meet the teachers, find out what this is all about and ask questions! This is not required and you can already register if you are ready! If the course is full, this session may be canceled.
Monday, Feb. 21	6.30pm-9.30pm 3 hours	MSC Session 1: Introducing MSC
Monday, Feb. 28	6.30pm-9.30pm 3 hours	MSC Session 2: Practicing Mindfulness.
Monday, March 7	6.30pm-9.30pm 3 hours	MSC Session 3: Practicing Loving Kindness
Monday, March 14	6.30pm-9.30pm 3 hours	MSC Session 4: Discovering Your Compassionate Voice
Monday, March 21	6.30pm-9.30pm 3 hours	MSC Session 5: Living Life Deeply
Saturday, March 26	9am-12pm 3 hours	Retreat Session: A wonderful opportunity for deeper, concentrated practice without words
Monday, March 28	6.30pm-9.30pm 3 hours	MSC Session 6: Meeting Difficult Emotions
Monday, April 4	6.30pm-9.30pm 3 hours	MSC Session 7: Exploring Challenging Relationships
Monday, April 25	6.30pm-9.30pm 3 hours	MSC Session 8: Embracing Your Life (final session)

Total = 27 course hours

There will be a 10-15 minute break in each session.

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Completion: Participants who attend at least 90% of the program will receive a certificate of completion, which is the basis for participation in further MSC training.

Course Fee: SGD\$600 plus GST

Early Bird Discount: Register and pay on/before January 31, SGD\$550 plus GST

The course is limited to 20 participants.

Steps to Register & Payment:

- 1) Register by emailing admin@alliancecounselling.com.sg
- 2) We'll send you an online google form to complete: this includes an information form and an informed consent. You complete them and send them back to us.
- 3) We pace our work with self-compassion, so please give us a few days to review and respond.
- 4) We'll send you the link to make payment online and secure your spot. Make your payment and your place is secured! Easy online payment available.

Questions? Email msckindness@gmail.com