

# Mindful Self-Compassion 8- Week Course



If you're ready to begin to make friends with yourself in a safe, nurturing, inclusive and non-judgmental environment, then joining the MSC 8-week course may be just what you're looking for.

## About MSC

Mindful Self-Compassion (MSC) is an evidence-based training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Dr. Kristin Neff (Ph.D.) and the clinical expertise of Christopher Germer (Psychologist), MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Rapidly expanding research demonstrates that self-compassion is strongly associated with 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.

## The underpinning foundations of MSC:

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of loving, connected presence.

## Who can benefit from MSC?

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

## Live Online

8 Weekly Classes on  
Saturday's  
from February 3rd to  
March 23rd 2024

Please note your  
TimeZone

Live Online via Zoom  
from 9am - 11:30am  
(AWST)

Western Australia

8am - 10:30am  
(ICT) Thailand

5pm - 7:30pm  
(Pacific Time-Friday  
evenings in  
Feb 2 to Mar 22)

Plus

A Retreat Session from  
9am to 1pm on  
Sunday March 3rd



Zoom makes MSC  
accessible to everyone and  
you'll be supported in  
making friends with this  
technology.

# About The Mindful Self-Compassion Course

## Who can participate?

Anyone open to cultivating and integrating Mindful Self-Compassion.

## What to expect

The MSC course is a group-based program, where compassion, common humanity, and kindness, along with the qualities of non-judgement, trust, patience, respect, generosity, equity, and inclusion are infused into the teaching and group dynamic.

MSC extends across 8 weeks with 8 x 2.5-hour weekly classes and a 4-hour retreat session.

In each class you'll experience MSC meditation practices and reflections, engage in paired and group discussions, in a way that feels right for you, and learn some of the theory around the concepts being introduced.

Between each session you'll be invited to take what you learn from the session into your everyday life by incorporating MSC activities and meditations into your daily routine. You'll be supported to do this with a course book and access to audio recorded meditation practices.

## Weekly Session Topics

- Session 1: Discovering Mindful Self-Compassion
- Session 2: Practicing Mindfulness
- Session 3: Practicing Loving-Kindness
- Session 4: Discovering Your Compassionate Voice
- Session 5: Living Deeply
- Session R: Retreat Day
- Session 6: Meeting Difficult Emotions
- Session 7: Exploring Challenging Relationships
- Session 8: Embracing Your Life

## Cost:

**Early Bird - \$475 AUD - Register by 31 December 2023**

**Standard - \$595 AUD**

**Returnees - \$250 Please be in touch for instructions on how to register as a returnee**

The cost is for the full 8-weeks of classes, including the retreat session and access to audio recorded MSC mindfulness practices that you can download and keep.

## Concessions and Scholarships:

If you are a concession card holder, you can take the course for 15% off the normal price and for those affected by genuine financial hardship please be in touch to speak about how we can support you with a scholarship.

Please be in touch with, Karen or Siri to organise registration with a discount.

## Inclusivity:

We welcome all people from all diverse backgrounds in this program and make every effort to compassionately hold space so that all who participate feel safe and supported.

## Workbook:

The Mindful Self-Compassion Workbook by Kristin Neff and Chris Germer is recommended and you can purchase this from online and local book stores.

## Audio Recorded Home Practices:

You will have access to audio recorded home practices to support your exploration of Mindful Self-Compassion at home.

## Refund Policy:

A full refund will be given for cancellations up to 7 days prior to course commencement. Cancellations in the 7 days leading up to course commencement will incur a \$60 administration fee, the remainder of the course fee will be refunded. Once the course commences, no refunds will be given. If you do decide that you need to defer to a future MSC course, we are happy to transfer your registration. Of course, we are compassionate humans and will consider extenuating circumstances for part or full refunds after the course commences.

# About Your Teachers for The MSC Course

## Siri Chandler



Siri, a dual Thai-American national, is a Certified MSC teacher.

Her genuineness, kindness and personal experience of the benefits of MSC and MBSR (Mindfulness Based Stress Reduction) infuse her courses with a special personal touch. As an enthusiastic life-long learner, she devotes her time to continuously deepening her own practice which she has been cultivating over the past 30 years. She is especially drawn to bringing mindfulness into daily life in a practical way.

To learn more about her background:  
<https://www.mindfulnessst.com/about>

## Karen Haddon



Karen, a resident of sunny Western Australia, is a Trained MSC Teacher.

She's also a Yoga, Mindfulness Based Stress Reduction, and Mindfulness Based Cognitive Therapy for Cancer teacher. Teaching evidence-based mindfulness, self-compassion and positive wellbeing programs since 2015, Karen combines her expertise with a genuine warm, welcoming, compassionate and curious nature when engaging with participants in the programs she leads.

Karen's inspiration for this work comes from the depth of human flourishing she observes in the lives of those who decide to learn and interweave these practices and qualities into their lives.

With a personal practice spanning 25 years, she lives and breathes the benefits of a mindful, yogic, self-compassionate life.

To learn more about her background please  
visit:<https://www.mindfuleas.com.au/about>

**If you would like to ask any questions before registering for the course, or for details on how to register, please be in touch via email with Karen at: [khaddon68@gmail.com](mailto:khaddon68@gmail.com) or Siri at: [siri@mindfulnessst.com](mailto:siri@mindfulnessst.com)**

**Once your registration is complete Karen or Siri will contact you to organise completion of a registration form and to arrange a time for a 15-minute phone pre-course chat.**

**We look forward to welcoming you into the Mindful Self-Compassion Course**