



Mindful Self-Compassion

5-DAY INTENSIVE 2023
AUGUST 24 - 28



Do you:

- have an inner voice that is harsh?
- feel a relentless push toward self-improvement?
- wish to learn ways to build supportive relationships towards yourself, others and your life?

This evidence based, resource building program may be just what you need.



Where and When:

Online intro. session 7-8:30pm Tuesday 22nd August

In person at Sophia, 225 Cross Rd. Cumberland Pk.

Thursday 6:30pm to 8:30pm

Friday - Monday 9:30am - 4:30pm



Cost: Full fee \$660

Concession & bring a friend \$550

Your Teachers:

Tina Gibson; Certified MSC Teacher and Teacher Trainer

Emma Willoughby; Certified MSC Teacher

Pete Gibson; Trained MSC Teacher

"This has been a profound experience. You've opened me to an inner self who is compassionate and someone I can trust" – Keith

"The three facilitators were genuinely authentic, humble, experienced, knowledgeable, humorous and kind." - March 2023 5-day MSC participant

For registration details please go to:

<http://www.adelaidemindfulness.com>

For enquiries email info@adelaidemindfulness.com



Adelaide
mindfulness

Mindful Self-Compassion is an empirically supported course developed by Christopher Germer (PhD) and Kristin Neff (PhD) designed to cultivate self-compassion and mindfulness skills. MSC helps us learn to befriend all aspects of ourselves and build a warm-hearted response to our daily experience, especially during difficult times.

MSC also helps us to:

- tap into and build our emotional strength and resilience (and lower levels of anxiety and depression)
- treat ourselves with the same kind understanding we would a good friend
- motivate, support and encourage ourselves
- meet difficult emotions with greater ease
- care for ourselves whilst caring for others
- build more satisfying personal relationships
- live more authentically

MSC 5 Day Intensive Format:

Online information session is required: **Tuesday 7 - 8:30pm 22nd Aug.**

Thursday: 6:30 - 8:30pm

Friday - Monday: 9.30 -12.30 (Lunch 1 hour) 1.30 - 4.30pm

All participants will be provided with a copy of The MSC Workbook

The Sophia Venue: 225 Cross Road Cumberland Park S.A

Sophia is a beautiful venue with a simply sublime and expansive garden area.

Sophia has a fully equipped kitchen and is both comfortable and spacious. Compassion practice can be challenging at times - this venue is a refuge for to meet such moments.

Your Teachers:

Tina: A passionate, experienced and warm-hearted MSC & Mindfulness Teacher with extensive experience within health, education and community sectors. Tina is currently the only Certified MSC Teacher Trainer and Mentor in Australia and has taught MSC to people from all walks of life and alongside both Kristin Neff and Chris Germer.

Emma: With a background in social work and two decades worth of working in mental health advocacy/promotion, Emma has learnt self-compassion can truly make a difference. Emma teaches from the heart, bringing her lived commitment to MSC as a gentle, creative and authentic ongoing way of living.

Pete: Bringing a wealth of experience of 'getting along with folk' - built from years of working within the building industry - supporting his fellow colleagues and later transitioning into counselling and teaching MSC, Pete is a comfort to have in the space. His listening skills are warm and steady, he simply never seems in a rush.