Workshop Title:

Self-Compassion- The Path from Self-Neglect to Self-Care

**Presenters:**

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**Workshop Description:** Many of us tend to criticize and punish ourselves when we encounter a personal weakness or experience failure. While we may think this is helpful and will make us do better in the future, research shows the opposite to be true. Individuals that experience high levels of self-criticism have been found to experience higher levels of emotional difficulties and compulsive behaviors, as well as impaired social relationships. Self-criticism tends to lead to self-neglect; an abandonment of one’s needs and goals. In contrast, self-compassion, treating oneself with care and concern, increases the likelihood of practicing self-care. Self-care allows one to take action to recover, maintain and improve physical and mental health, and engage in active problem-solving. Participants engage in exercises that help them to become aware of self-criticism and experiment with self-compassion. They will become aware of self-compassion as a motivator toward positive change.

**Participant Outcomes:**

* + *Participants will understand the three components of self-compassion and how it contributes to health and wellbeing.*
	+ *Participants will become aware of the “inner-critic” and how to spot self-criticism in their inner dialogue.*
	+ *Participants will understand the benevolent origins and motives of the inner-critic and why criticizing the inner-critic doesn’t work.*
	+ *Participants visualize responding with self-compassion and brainstorm self-care strategies.*
	+ *Participants will recognize how self-compassion can be an effective source of motivation.*

**Intended audience:** Adults wishing to experience a kinder inner dialogue and free the energy spent on self-criticism to use on problem-solving and achieving wellbeing.

**Presenter Biography:**

Susan Weingartner is a Certified Professional Coach, who has helped clients achieve the goals they desire and has overcome many obstacles on her own journey. Her workshops offer bite-sized samples of skills and perspectives that help people shift their lives and she understands that a strengths-focused approach makes awareness and change easier to achieve.

**Materials provided:** Each participant receives a copy of the handouts to be used during the workshop.

**Rough Agenda:**

**1. “Why self-compassion?”, approximately 30 minutes.**

* + *Self-compassion vs. self-criticism.*
	+ *The three components of self-compassion; self-kindness, common humanity, and mindfulness.*

**2: “Dealing with the Inner Critic”, approximately 20 minutes.**

* + *The inner-critic isn’t the enemy*

**3. “Moving towards self-care”, approximately 30 minutes.**

* + *Envisioning self-compassion*
	+ *Strategies for self-care*

**4. “Self-Compassion as a motivator”, approximately 20 minutes**

* + *Difficult feelings as a sign of unmet needs*
	+ *Can you be motivated by self-compassion?*

**5. “Wrap up”, approximately 20 minutes**

* + *Becoming Mindful of your self-talk*
	+ *Summary & Q&A*

**Audio/Visual:**Ideally, a digital projector will be available (for the presentation of a slideshow), alternatively, a flipchart with pens.