



# Self-Compassion & Emotional Resilience

*Sponsored by the Mu Beta chapter of Chi Sigma Iota at Western Michigan University*

Kristin Neff, Ph.D. will be featured on this **Video Training**. Dr. Neff received her doctorate from the University of California at Berkeley, and is currently an Associate Professor of Educational Psychology at the University of Texas at Austin.

While doing her post-doctoral work she decided to conduct research on self-compassion. Kristin is a pioneer in the field of self-compassion research, creating a scale to measure the construct almost 20 years ago. In addition to writing numerous academic articles and book chapters on the topic, she is author of the book *Self-Compassion: The Proven Power of Being Kind to Yourself*, and in June 2021 she will be releasing her new book *Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power and Thrive*.

In conjunction with her colleague Dr. Chris Germer, she has developed an empirically supported training program called Mindful Self-Compassion, which is taught by thousands of teachers worldwide. They co-authored *The Mindful Self-Compassion Workbook* as well as *Teaching the Mindful Self-Compassion Program: A Guide for Professionals*. She is also co-founder of the nonprofit Center for Mindful Self-Compassion.

## Educational Objectives of this **Video Training**

1. Understand the differences between self-esteem and self-compassion.
2. Understand the research on self-esteem and self-compassion.
3. Family influences on self-esteem and self-compassion.
4. Specific activities to increase self-compassion.

## Registration to Receive the Handouts and Reserve a Seat

Register at <http://www.stephanietburns.com/workshop.html> so that you can have digital access to the handouts as well as access the presentation via WebEx. Paper copies of handouts WILL NOT BE PROVIDED.

**Seating is limited. Registration to receive the handouts and receive the access code for WebEx must be made online by March 21, 2021.**

**FREE!!!!**  
**Friday, March 26, 2021**  
**Via WebEx**  
**10:30am-5pm**

We will take a break at approximately 12:30 pm for at least 30 minutes. We will have a second, shorter break later in the afternoon.