

# MINDFUL SELF-COMPASSION

## GROUP PROGRAM

26th March- 21st May 2020  
Every Thur 7.00pm-9.00pm



Course Facilitator  
**Jenny Makros**  
Clinical Psychologist,  
Coach & Trainer

**Do you extend support and compassion to those around you,  
yet neglect your own emotional wellbeing?**

**Over this 8 week course, plus the day retreat, you will learn to come back to you and develop true self-esteem through...**

- Practicing self-compassion in daily life
- Understanding the benefits of self-compassion
- Motivating yourself with kindness rather than criticism
- Handling difficult emotions with greater ease
- Transforming challenging (old and new) relationships
- Managing caregiver fatigue
- Practicing the art of savouring and self-appreciation

**Research demonstrates self-compassion is strongly associated with...**

- Emotional wellbeing
- Lowered anxiety, depression and stress
- Maintenance of healthy habits such as diet and exercise
- Satisfying personal relationships

**In order to maximise your learning, you will be in a small group of no more than 15 participants. In this supportive environment you will learn self-compassion through....**

- Meditations
- Short talks
- Experiential exercises
- Group discussion
- Home practices
- And a one-day retreat.

**Location:** Suite 2, 457 Chapel St, South Yarra (location of retreat to be advised).  
**time:** Weekly on Thursday 7:00pm-9:00pm  
**Dates:** Group commences 26<sup>th</sup> March 2020 Retreat Date: Friday 8<sup>th</sup> May 2020  
**Cost:** \*Fundraising price for this course only is \$550 (for upfront payment) or \$75 x 9(weekly instalments)

**For more information:** Contact Jenny: M 0417 620 402 [jenny.makros@gmail.com](mailto:jenny.makros@gmail.com)

**Book online:** <https://www.jennymakros.com.au/bookings-checkout/mindful-self-compassion-group-program-1>

**\*All profits from this course will be donated to the Motor Neurone Disease Association of Victoria. The course is non-refundable**