

Becoming Your Own Best Friend

Do you sometimes:

- Feel stuck in self-critical thoughts and blame?
- Long for understanding about what you're going through?
- Wish you had a better way of responding when you are "triggered"?
- Find it difficult to look at what happened when you "blew it" again?

Would you like to learn to:

- Transform blame into self-compassion and self-acceptance?
- Listen to yourself with insight and warmth?
- Work with the parts of yourself that react in fear or anger?
- See responsibility as something to embrace?

JOIN US FOR THIS FOUR WEEK WORKSHOP:



We will use group discussion, interactive exercises, guided meditative processes, and individual reflection practices to develop compassion, kindness, understanding, and empathy for ourselves. This foundation of open-heartedness and non-judgment can also enhance our relationship with others. Empathy and self-responsibility can give us clarity and power to live our values and dreams.

When: Weds 19 August-9 September, 2015, 7-9 p.m.

Where: Torbay, Auckland

Registration cost: \$80 for all 4 weeks (8 hrs)

For information or to register:

please email jean.mcelhaney@gmail.com

or ring 9 473 7344 or 022 192 3202

Jean (Majida) McElhaney: certified trainer with the Center for Nonviolent Communication. Offering workshops, mediation, conflict coaching, empathy sessions, and individual coaching to support congruence between your values, words, and life.

