

BEFRIENDING OURSELVES: with Mindfulness, Empathy, and Compassion

Would you like to:

- *Transform self-blame and self-judgment into self-acceptance?*
- *Listen to yourself with more warmth and compassion?*
- *Have more choice about reactions coming from fear or frustration?*
- *See your "mistakes" as opportunities?*

We will use group discussion, guided meditation, interactive exercises, and individual processes to support more kindness and care for ourselves. This foundation of open-heartedness can also enhance our relationships with others. Empathy and self-responsibility can give us the clarity to know what matters to us and to live our values and dreams.



When: Saturday 13 October, 9:30-5:00

Where: Torbay, Auckland

Facilitator: Jean (aka "Majida") McElhaney, certified Nonviolent Communication trainer; licensed (US) social worker and counsellor (background in psychosynthesis, traumatology, stress mgmt, anxiety & depression, and more)

Financial request: Early bird by 1 Oct = \$85; regular = \$95 includes tea, snacks, and handouts

To register: <https://goo.gl/forms/7eCy5oYIjViXGmg2>

For questions: Mobile 022 192 3202 land line 473 7344 or email jean.mcelhaney@gmail.com

