

***A weekend of Kindness in  
The Inagh Lodge Hotel, Connemara  
With Caitríona Nic Ghiollaphádraig***



Mindful Self-Compassion was developed by Christopher Germer and Kristin Neff and Caitríona trained with them in 2015.

Scientific evidence shows that self-compassion—the ability to treat ourselves with dignity and kindness when things go wrong—is a powerful inner resource. It enables us to address challenging conditions in our lives and transform them for the better.

Rapidly expanding research demonstrates that self-compassion is associated with a wide range of positive psychological factors including enhanced motivation, a sense of wellbeing, emotional resilience, reduced stress, anxiety and depression, a stronger immune system, healthy life habits such as diet and exercise, and wisdom. Self-compassion also provides a foundation for relating compassionately with others and thereby improves our relationships. Fortunately, self-compassion can be learned by just about anyone.

During this weekend you will have the opportunity to learn

Ways to motivate yourself with kindness rather than criticism  
How to enjoy ordinary life more fully  
Some techniques for handling difficult emotions with greater ease

Venue: The Inagh Lodge Hotel, Inagh Valley, Connemara, Co.Galway

Date: November 18/19/20

Further details to follow.