

# Mindful Self-Compassion Break

hosted by

**Caitriona Nic Ghiollaphádraig**



**Inagh Lodge Hotel**  
**Connemara**  
[www.loughinaghlodgehotel.ie](http://www.loughinaghlodgehotel.ie)

**4-6**  
**November**

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Mindful Self-Compassion was developed by Christopher Germer and Kristin Neff and Caitriona 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 these days you will have the opportunity to learn ways to motivate yourself with kindness rather than criticism; how to enjoy ordinary life more fully and some techniques for handling difficult emotions with greater ease.

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**For Costs and Booking Contact:**  
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