

WOULD YOU LIKE TO FEEL HAPPIER, LESS STRESSED AND MORE RESILIENT AT WORK?

For many of us, the times we live and work in can feel difficult. We all need to deliver more with less, in a challenging and constantly evolving operating environment within an uncertain economic climate. These demands can have an impact on our health and wellbeing. Many individuals, from all sectors, are now accessing training in self-compassion development to enable them to stay healthy and well in work.



The Self-Compassion at Work Programme takes place over four weeks and can be fitted around your busy working life.

The programme consists of:

- Four online Training Webinars (less than one hour each) that you can access at any time to suit you on any internet connected device
- Supportive programme documents including a reflective daily diary, a weekly short key task, an action plan, podcasts and full instructions.

Previous participants have shown improvements in their self-compassion, mental wellbeing, stress and burnout levels as a result of their attendance on the programme.

If you would like further information about the Self-Compassion at Work Programme please visit our online training page at www.creatingcompassion.com/online-training/ or email amanda@creatingcompassion.com