

Creating Compassion

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 the public sector are now accessing training in self-compassion development to enable them to stay healthy and well in work.

WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more **self-compassionate** are:

Happier



Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others

Less stressed



Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression

More resilient



Self-compassionate people bounce back more easily from set-backs and are more likely to learn from their mistakes

The Public Sector Self-Compassion at Work Programme provides a full grounding in the theory and practice of the approach. It 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

In a randomised controlled trial, participants showed significant improvements in their self-compassion, mental wellbeing, stress and burnout levels as a direct result of their attendance on this programme.

If you would like further information about the **Public Sector Self-Compassion at Work Programme** please visit our online training page at <https://www.creatingcompassion.com/public-sector-self-compassion-at-work-programme/> or email amanda@creatingcompassion.com to discuss the programme for yourself or the staff in your organisation.



www.creatingcompassion.com