



Self-Compassion Group

Avoiding Burnout for a More Resilient, More Connected Life

Self-compassion is defined as "turning compassion inward." While the definition is simple, the practice of self-compassion may be difficult for those who are quick to criticize or judge themselves. If you find yourself stuck with low self-esteem, low self-worth, self-hatred, or find it difficult to name your own strengths, you will benefit from this group. Self-compassion enhances a person's ability to cope with life stressors and also builds one's resilience. Our goal is to promote your own ability by enhancing your strengths, so that you are able to manage whatever may come your way.

Is this for me?

- For any woman who is experiencing a negative self-view or is feeling stuck and lost on how to best move forward.
- Will provide ample education on the practices of self-compassion and teach the skills needed to implement it.
- Led by therapists Brooke Ulrich LPC-MHSP (T) and Taylor Eades LPC-MHSP (T), NCC.

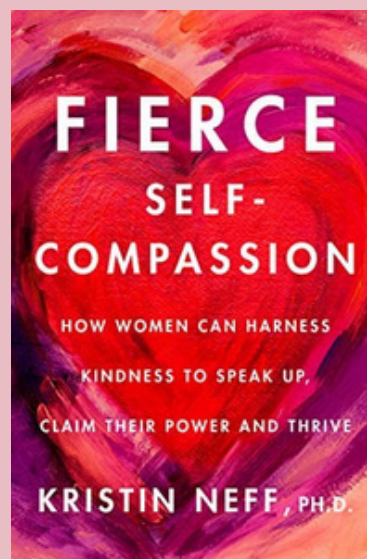
Where and When?

- Includes a total of twelve, one hour long sessions
- Each session is \$45
- Located in Franklin, TN
- Meets weekly on Wednesday nights from 6:30pm-7:30pm
- Start date TBD

Opportunity to save 20% if all sessions are initially paid in full

Contact Us

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Required text:

Fierce-Self Compassion by Kristen Neff