

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.

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 Self-Compassion at Work Programme provides a full grounding in the theory and practice of the approach. It takes place over four modules 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 diary, a set of short key tasks, an action plan, podcasts and full instructions

In a randomised waitlist control 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 to take part in the **Self-Compassion at Work Programme** please follow this link: www.creatingcompassion.com/online-training/ and use the Discount Code: **IMPERIALAC1** at the Checkout to receive immediate and automatic access to the programme.