



**MAGUIRE**  
HEALTHCARE



## Self-Compassion

4<sup>th</sup> November 13:00 to 16:30



### Course Description

The latest NHS staff survey revealed 40% of staff had felt unwell because of work-related stress, 21% wanted to quit the NHS, 78% experienced unrealistic time pressures and fewer than a third felt their organisation took firm action to improve staff wellbeing, this was before Covid-19...

["My job as a doctor in today's NHS is draining me of humanity"](#) Anonymous

"Cultivating self-compassion in this way can fundamentally shift how we relate to ourselves. Instead of meeting our imperfections and challenges with self-blame and -criticism, we can bring a kind and mindful attention to our experiences (thoughts, emotions, and sensations) and a sense of love and care to ourselves, right in the midst of difficult situations. With practice, we can strengthen this inner quality of presence, connectedness, and kindness to improve emotional well-being and build resilience.

### Learning Outcomes

By the end of this programme, delegates can:

Build Strengths at Work with Mindful Self-Compassion  
Be more Mindful at Work  
Start to befriend ourselves  
Discover your compassionate Voice  
Increase Values-Based Working  
Build Emotional Agility  
Enhance Empathy and Inner Resilience

### The programme includes:

- What is Self-Compassion?
- What Self-Compassion is not
- Self-Kindness
- Common humanity
- Mindfulness
- Can we measure it?
- How does it feel?
- The correlation between self-compassion and psychological well-being
- 5 ways to help you practice self-compassion and stop being hard on yourself
- How to silence your inner bully
- Self- support after today....

**3 CPD points**

To book your place on the webinar please contact Cathy Kidd

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