

# Personal Well-Being through Mindful Self-Compassion

## 4, 11 & 18 September 2023

### Introduction

This Mindful Self-Compassion (MSC) course is designed to allow participants an opportunity to immerse themselves in some of the key practices and exercises of the original empirically supported MSC programme by Christopher Germer and Kristin Neff.

It has been contextualised to meet the needs of participants in the healthcare sector.

Participants will directly experience self-compassion and learn practices that evoke self-compassion especially when facing challenging moments in the line of work. They will learn how they would typically respond when facing challenging situations as well as becoming a warm and supportive companion for and to themselves.

### Course Objectives

At the end of the course, participants will be able to:

- Understand the science of mindful self-compassion
- Motivate self with kindness rather than criticism
- Manage fatigue at work
- Manage transference and counter-transference of healthcare professionals
- Understand Mindful Self-Compassion in Crisis situation
- Practise the art of gratitude and self-appreciation

### Target Audience

Healthcare Professionals

### Course Outline

- Introduction to Mindfulness and Self-Compassion in workplace
- Science of Mindful Self-Compassion
- Mindfulness Self-Compassion exercises
- Application of the exercises taught with alignment to personal challenging moments encountered at work everyday
- Reflection and sharing of experiences in implementing practices in daily work
- The Art of Gratitude

### Course Details

Date	: 4, 11 & 18 Sep 2023
Duration	: 21 hours
Time	: 9am to 5pm
Class size	: 30 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date.)
Fee	: S\$ 990 (SingHealth) S\$ 1,100 (Regular) (inclusive of prevailing GST rate)

### Teaching Faculty

#### Ms Charlene Teo

Certified Specialist Adult Educator (Curriculum Development)

Adult Educator Professionalisation, IAL

Registered Clinical Supervisor (SAC)

Certified Teacher of Mindfulness-Based Cognitive Therapy (University of Oxford Mindfulness Centre - OMC)

Teacher of MBCT (for Life) (OMC)

Teacher of Mindful Self-Compassion (Centre of MSC)

Teacher of Finding Peace in a Frantic World (OMC)

Teacher of Mindfulness-in-Schools Curriculum (MiSP)

Transactional Analysis Advanced Practitioner (ITAA)

MSocSc (Counselling) (Swinburne)

Grad Dip (Clinical Supervision) (Swinburne)

Edge Focus

### Registration

To register, scan the QR code or click on the web link.

Registration closes on **14 Aug 2023 (Monday)**



<https://form.gov.sg/644b763260a4ac0011c3bd30>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.

### Quick Links

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