



Workshop

Anna Friis: Sunday 7th June

Title of Workshop: Kindness Matters: The power of self-compassion

Presenter Name: Anna M. Friis

Abstract:

This workshop will provide an introduction to self-compassion – specifically, what it is, and what it is not. Participants will get a direct experience of self-compassion, and learn skills and techniques with which to integrate this radical self-attitude into their personal and professional lives. Self-compassion - with mindfulness - involves responding to difficult thoughts and feelings with kindness and understanding, and is associated with numerous benefits including decreased depression, anxiety and stress, increased happiness and quality of life, as well as better relationships. It has even been shown to help maintain healthy lifestyle habits such as diet and exercise. Most importantly, being mindfully self-compassionate leads to greater ease and well-being in our daily lives.

Presenter Biography:

Anna Friis is a health psychologist and a teacher of Mindful Self-Compassion (MSC), an empirically-supported programme developed by Dr Kristin Neff and Dr Christopher Germer (www.centerformsc.org). Following a previous high-paced corporate career, she is now a PhD Candidate at the University of Auckland's Department of Psychological Medicine, investigating the physical and mental health benefits of self-compassion (www.annafriis.com).