

Title IV-E Collaborative Presents Compassion Cultivation Training (CCT)

8 Weeks

Lineth Jezek

Lineth Jezek is authorized through Stanford's University Center for Compassion and Altruism Research and Education--CCARE and the Compassion Institute to teach Compassion Cultivation Training--CCT. Lineth holds an MBA from Universidad Latina de Costa Rica and works with organizations in the United States and Costa Rica, teaching compassion education in English and Spanish. Lineth looks forward to teaching CCT participants how to cultivate genuine compassion, emotional awareness, and a deeper sense of happiness as a sustainable source of well-being.

8 Wednesdays

February 10, 2021 to April 7, 2021

10:00am - 12:00pm

ZOOM

Registration ends Wednesday, February 3rd

Link sent out Friday, February 5th

Must attend all 8 sessions

CCT is an 8-week course developed in the Center for Compassion Altruism Research and Education-CCARE at Stanford University School of Medicine. It was designed to cultivate the qualities of compassion, empathy, and kindness for oneself and others. It combines traditional contemplative practices with contemporary psychology, scientific research and experiential processes that can help you to both allow and understand the many different ways compassion and empathy can be experienced in order to lead a more compassionate life.

Scientific studies suggest that a kind and compassionate attitude can greatly reduce the distress we feel in difficult situations and become a profound personal resource in times of stress. Through instruction and the interactive nature of the processes incorporated in this course, you will have opportunities to cultivate new ways in which to access, recognize, and strengthen compassion and empathy, as default response to the ever-present challenges that characterize our human experience.

Eligible County Employees



For questions contact Staff Development & Training at
Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

T4e.collaborative@gmail.com