

Title IV-E Collaborative Presents Self-Compassion Training

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 participants how to cultivate genuine compassion, emotional awareness, and a deeper sense of happiness as a sustainable source of wellbeing.

Friday, March 19, 2021

10:00 AM to 12:00 PM

ZOOM

Registration ends Wednesday, March 10th

Link sent out Friday, March 12th

Course Description: In this workshop you will learn about self-compassion and how practicing the quality of compassion can support you and others in your professional and personal daily life. Many are at risk of emotional burnout due to their line of work, regular livelihood activities or recent stresses of the world. This workshop can help. This is especially true for those who are caregivers of others or are profoundly impacted by burnout. Join us for an educational exploration on the essence of compassion and self-compassion. You will leave with self-care tools you can apply in your day to day life. *This is an interactive workshop.*

Objectives:

At the end of the workshop, the participant will be better able to:

- Understand and describe three elements of compassion
- Identify the elements of self-compassion
- Learn how to implement self-compassion practices for one's well-being

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