

# Title IV-E Collaborative Presents

## Self Compassion Workshop

Lyneth Jezek

Tuesday, November 10, 2020

10:00 AM to 12:00 PM

Online via Zoom

Registration ends Wednesday, November 4, 2020

Links given Friday, November 6, 2020

**Lineth Jezek** is authorized through Stanford University's Center for Compassion And Altruism Research And Education ([CCARE](#)) and the Compassion Institute to teach Compassion Cultivation Training – CCT. Born and raised in Costa Rica, she relocated to work in United States in 2008. Lineth holds an MBA from Universidad Latina de Costa Rica and is the founder of Genuine Compassion, a company dedicated to providing Compassion Education and Mindfulness programs. She is honored to work with communities in the U.S. and Costa Rica, bringing the benefits of compassion education to adults and teens teaching in both English and Spanish. Lineth looks forward to teaching and sharing the benefits of compassion. Learning, studying, and practicing compassion has enriched her life in so many positive ways. Planting the seed of compassion in her own life has helped her to rejoice in the beauty of our humanity, find strength of spirit and live with more joy. She keeps that experience and purpose at the core of her teaching.

### Workshop 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 selfcare tools you can apply in your day to day life.

This is an interactive workshop.

### Learning 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 wellbeing

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto: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](mailto:T4e.collaborative@gmail.com)