

Self-Compassion Workshop

Learn to be kinder to yourself and
build emotional resilience

What You'll Learn:

- Handle stress & prevent burnout
- Manage anxiety, depression & life challenges
- Build better relationships & healthy habits
- Let go of perfectionism & self criticism
- Develop emotional balance & resilience
- Living mindfully, not on “auto-pilot”

Workshop Details:

- Two 3-hour sessions
- Cost: R900
- CPD Points: CPSC CPD: 6(4E)
- Course Code: ACRPCPSC2026/01/31MR



Who Can Join?

Open to everyone - both public and mental health professionals.

Bonus: Take home 11 self-paced exercises

 **Reserve Your Spot Today!**

Contact Dr Michele Rossouw: michele@you-turn.co.za