

2019 / 2020

Course Code	Q3948
Tutor	Julie Bibby
Venue	UCM, Homefield Road, Douglas
Cost	£100
Start Day, Date & Time	Tuesday 17 th March 2020 6pm – 8pm
Number of Weeks / Sessions	8 Weeks

What is the course about?

Compassion is a powerful force for change both in the world and within ourselves. Mindful Self-Compassion (MSC) training offers practical strategies, exercises and meditative practices to help cultivate self-compassion, self-acceptance and self-care. Paradoxically, when we accept ourselves exactly as we are and allow our critical, judging voices to quieten, a space can be created for growth and healing.

This 8 week course is based on the work of Kristin Neff and Christopher Germer, with whom Julie trained as an MSC teacher and has been shown to reduce anxiety, depression, stress, body shame and fear of failure as well as increasing self-confidence, optimism, creativity and happiness.

Further information and a health questionnaire will be sent out prior to the start of the course.

For further details or to discuss any concerns, please contact Julie Bibby (see below) at juliebibby@manx.net

Please note there will be a 2 week break for Easter (7th and 14th April) meaning the course will finish on Tuesday 19th May 2020.

Previous experience:

No previous experience is required. Everybody welcome.

General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

Who should I contact?

For further information, please contact the Tutor, Julie Bibby, on 428050 or at juliebibby@manx.net or the Programme Area Secretary on 648204.