Learning Network
Educational Services

IE22-28 Embracing Self-Compassion



PRESENTED BY

Jodi Simmonds & Kerri Lorenson



SERIES SESSIONS

Date	Time
November 25, 2021	3:45 PM - 4:45 PM



LOCATION

Online - Your Computer

FEE

$25.00

QUESTIONS?

Contact Us:

780-623-2248

REGISTER ONLINE

Visit our website to register:

lnes.ca

Program

Have you ever noticed that you are likely much harder on yourself than you are on others that you care about? In this session, we'll explore the components of self-compassion, how it works differently than self- esteem, and examine how taking a more loving and supportive tone with yourself is actually more motivating than you might think. Get ready to practice and know that you'll leave with several strategies to start embracing self-compassion right away.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Jodi Simmonds

Kerri Lorenson

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online,** you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file.** If you do not receive a confirmation email, please contact celine.zevola@learning-network.org