

WoodGreen Employment Services

# Self-Compassion Workshop

**Wed. Sept. 18, 2019 from 1:00 pm – 3:00pm**

Location: 989 Danforth Ave (Danforth and Donlands subway station)



**Self-Compassion**

“If your compassion does not include *yourself*, it is incomplete.”

Jack Kornfield

## **This workshop will help you learn:**

- ✓ **The importance of Self-Compassion in your job search**
- ✓ **The 3 key components of Self-Compassion to motivate yourself with encouragement**
- ✓ **Ways to practice Self-Compassion in your everyday life**

Session starts at 1:00. Please be on-time.

To register call 416-645-6000 ext. 2218  
or speak to your Employment Advisor