

Self-Compassion Workshop



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*Welcome from Ciara Bomford and
Glynis Roberts*

What is self-compassion?





What are the benefits of learning and practicing self compassion?

- Increases feelings of happiness, optimism, curiosity and connectedness.
- Decreases anxiety, depression, rumination and fear of failure



Think of something that makes
you smile ...

Your pets, people

Nature

A place you've visited

An experience

A song you love

Imagine it – see, smell, taste, hear
it (pop it in chat)

Distinguishing self-compassion from self-esteem

Comparison is the crush of conformity from one side and competition from the other—it's trying to simultaneously fit in and stand out. Comparison says, "Be like everyone else, but better."

Brené Brown



Self-esteem versus self-compassion



- **Self-esteem** is a positive evaluation of self-worth
- **Self-compassion** is not an evaluation or judgement – it is a way or **relating** to ourselves with kindness and acceptance especially if we fail.
- **Self-esteem** is a fair-weather friend there for us when we succeed but deserting us when we need it most – when we fail.
- **Self-compassion** is always there for us a reliable source of support when we need it most.
- **Self-esteem** requires feeling better than others.
- **Self-compassion** requires acknowledging that we are all imperfect.

How would you treat a good friend?

Think about the last time you had a conversation with a friend who was having a difficult time.

Think about the conversation in detail.

- What do you say?
- What tone of voice did you use?
- What was your body language like?
- What words of comfort did you offer your friend?



How do you treat yourself?

Now think a time where you had made a mistake, felt judged or inadequate.

How did you respond to yourself? Think about the conversation in detail.

- What do you say to yourself?
- What tone of voice did you use?
- What was your body language like?
- How did you feel – physically and emotionally?



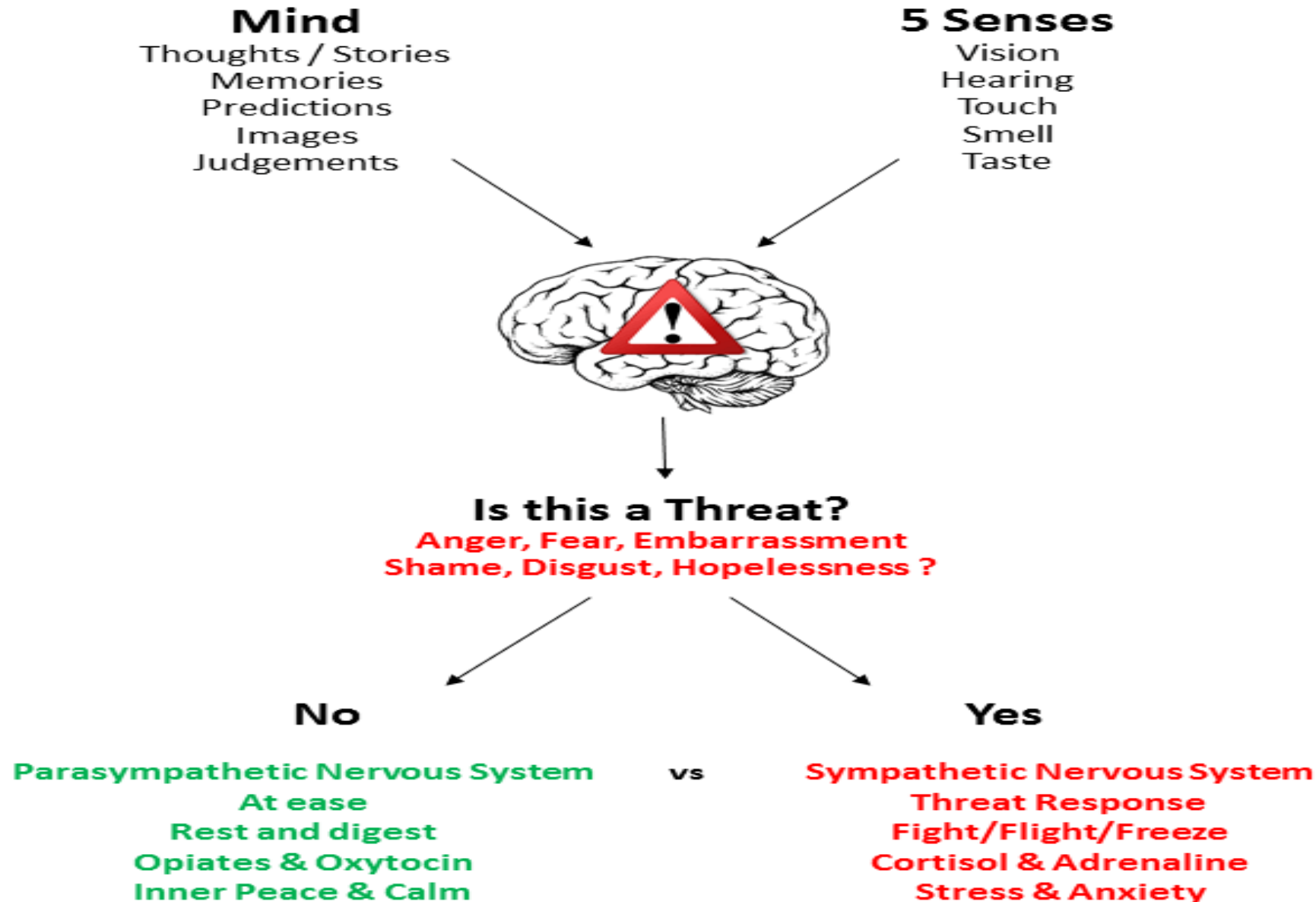
Self criticism – why do we do it?



“When we feel inadequate, our self-concept is threatened, so we attack the problem – ourselves!”
Kristin Neff



Our Brain does not know the difference - it is only concerned with one thing – 'Is this a THREAT'?





Self Kindness

Be loving towards ourselves, instead of self-critical.



Common

Humanity

Everyone suffers.
You are not perfect. No one is. You are not alone.



Mindfulness

Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgement or overreaction.

Stress response	Stress response turned inward	Self-compassion
Fight	Self-criticism	Self-kindness
Flight	Isolation	Common humanity
Freeze	Rumination	Mindfulness

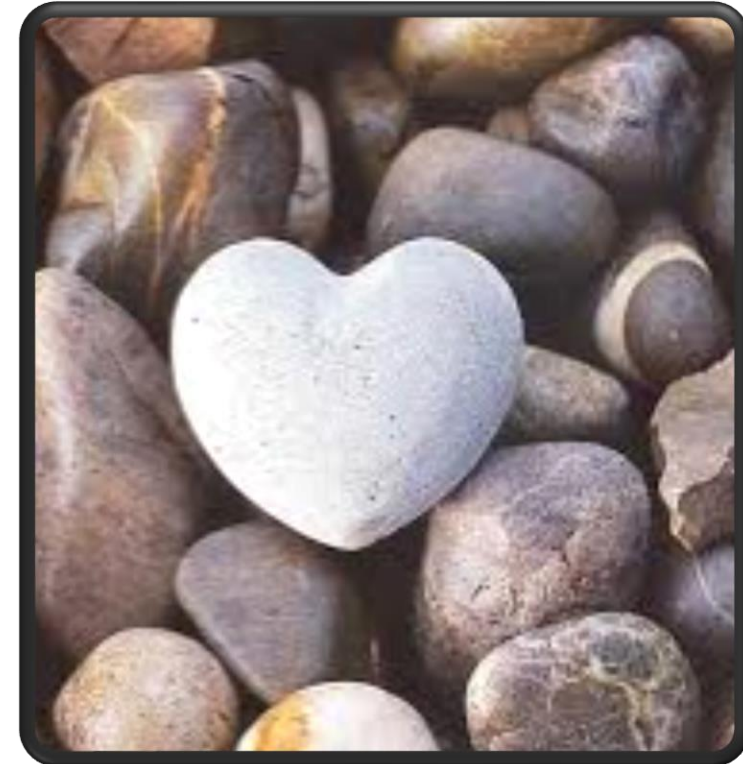


Self-compassion practice

Think of a situation in your life that is causing you stress. Choose a problem that is mild to moderate.

Visualise the situation clearly – what is the setting? What is happening? Who is saying what to who?

- 1. *Mindfulness* Say to yourself: “This is a moment of suffering” or “This is stressful”**
- 2. *Common humanity* Say to yourself: “Suffering/struggle is part of life, I am not alone, this is how it feels when people suffer/struggle.”**
- 3. *Kindness* “It’s OK you did the best you could” or “I’m proud of you.”**



The quintessential question of self-compassion is 'What do I *need* right now?'



FIERCE SELF-COMPASSION

DR. KRISTIN NEFF

self-compassion.org

TENDER SELF-COMPASSION

ACCEPTING OURSELVES

TO ALLEVIATE SUFFERING



BALANCE

OF BOTH
ENERGIES FOR
WHOLENESS

FIERCE SELF-COMPASSION

TAKING ACTION

TO ALLEVIATE SUFFERING



• PROTECTING DRAWING BOUNDARIES

AND SAYING **NO**

• PROVIDING AND SAYING **YES**
TO OUR NEEDS

• MOTIVATING TO LEARN,
GROW AND
CHANGE
THE WORLD



CLARITY



We notice and see clearly what needs to be done to protect ourselves and provide for our needs.

EMPOWERMENT



Our shared journey empowers us. We draw strength from connection.

BRAVERY



We are courageous and brave. We stand up for ourselves. We call on our inner strength and find our voice. We say NO!

Self-Compassion and Career Management Skills

- Realistic optimism
- Resilience
- Growth mindset
- Being willing to make mistakes
- Being ok with failure
- Playing to your strengths
- Selling yourself
- Being curious and open-minded
- Networking





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Thank you

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