

Griffin Regional Educational Service Agency  
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*Serving:*  
Butts, Fayette,  
Henry, Lamar,  
Newton, Pike,  
Spalding, Upson  
School Systems



## Self-Compassion for Educators

Self-Compassion for Educators is a 6-hour, evidence- and skills-based training designed for educators to dive into the research, practice, and experience of self-compassion, enhance their personal well-being, and revitalize their deep motivation for helping others. Our brains are wired for survival and have a natural tendency, or negativity bias, to focus on and be motivated by negative thought patterns like criticism, pain, and danger. This self-compassion training helps educators understand and transform these habitual responses and develop the ability to motivate with compassion rather than self-criticism. Science shows that self-compassion has a significant positive impact on educator well-being, resilience, and stress management. Practicing self-compassion involves taking action and making positive changes in our lives, and through this process, we see educators reconnecting with their deep motivation and excitement for helping others. Course Outcomes: • Build an understanding of mindful self-compassion and its elements • Explore the benefits of self-compassion • Learn how to integrate mindfulness and self-compassion into daily life • Use self-compassion to handle difficult emotions with greater ease • Practice motivating yourself with kindness rather than criticism • Use self-compassion to live in accord with your values.

**This class will be held virtually.**

**Presented by:** Georgia State University's Child Welfare Training Collaborative

**This professional development opportunity is provided by a grant for our regional school systems. Therefore, it is open only to educators in the Griffin RESA region: (Butts, Fayette, Henry, Lamar, Pike, Newton, Griffin-Spalding, and Thomaston-Upson School Systems).**

<b>Date:</b>	December 5, 2023
<b>Time:</b>	8:30am-1:00pm
<b>Location:</b>	Griffin RESA
<b>Cost:</b>	\$0 (Registration is required)
<b>Target Audience:</b>	K-12 Teachers

**Register online at [www.griffinresa.net](http://www.griffinresa.net)**

**Registration Deadline: November 23, 2023**