Cultivating the Habit of Self-Compassion

Presented by Tamara Ho, Ph.D.

We all fail at one time or another. In response, we punish and criticize ourselves in ways we would never treat a friend or even a stranger. But some people seem to know how to fail with grace and move on. Come to this Lunch and Learn presentation by TSRI counseling center psychologist Tamara Ho, Ph.D. to learn more about the benefits of self-compassion.

During this Lunch and Learn presentation, you will learn:

- the three elements of self-compassion
- how self-compassion differs from self-esteem, self-pity, and self-indulgence
- how to foster your capacity for self-compassion instead of self-criticism to motivate and care for yourself

Tuesday
January 24, 2017
12 noon – 1:00 p.m.
Keck Amphitheater
Beckman Building

Arranged by The Office of Counseling and Psychological Services.