

### **Self-Compassion in Action** **Dr. Ellen Albertson, PhD, RDN, CPHWC**

**This 8-week, 90-minute live teleclass series will be held:  
2-3:30 pm ET Wednesdays, March 21 – May 9, 2018**

\$495 enrollment fee

Registration Deadline: Friday, March, 16, 2018

Go to <http://wellcoacheschool.com/events-and-classes/> to register



Self-compassion, the emotional attitude of bringing kindness to yourself when things go wrong, can be learned, cultivated and applied to your life and the lives of your clients with wonderful results. Powerfully linked with wellbeing, self-compassion reduces negative states including depression, anxiety, and stress and boosts positive states including happiness, life satisfaction, and optimism. It can also improve the health habits of your clients, help them end emotional eating, and increase their motivation.

In this Wellcoaches premium member class, you will directly experience and learn core practices from the Mindful Self-compassion program created by Dr. Kristin Neff and Dr. Chris Germer, which you can use for yourself and teach your clients.

**This 8-week course will transform you and bring your coaching to a higher level by teaching you how to:**

- Apply the science of self-compassion to yourself, clients, and business
- Help clients handle difficult emotions with greater ease and better outcomes
- Increase mindfulness and self-compassion in daily life
- Motivate yourself and clients with kindness rather than criticism
- Transform challenging relationships, old and new
- Manage caregiver burnout and revitalize your practice
- Savor life, increase self-appreciation and bolster your bottom line
- Build inner strength and resilience and increase your capacity to meet life's difficulties with courage, connectedness, and compassion.

**Class Materials:** Mindful Self-Compassion (MSC) Practice Book, MP3 recordings of meditations

*Dr. Ellen Albertson, PhD, RDN, CD, CPHWC is a Psychologist, Registered Dietitian Nutritionist, Certified Professional Health & Wellness Coach, Reiki Master, and Mindful Self-compassion teacher. An expert on wellbeing, Dr. Ellen has appeared on Extra, the Food Network and NBC World News and has been quoted in Psychology Today, Eating Well, Reader's Digest, and USA Today. She has written for SELF, Better Homes & Gardens and Good Housekeeping. Her groundbreaking research on Self-compassion and body dissatisfaction in women was published in the scientific journal Mindfulness. She brings 25 years of counseling, coaching, and Reiki experience to her teaching and healing practice.*