

Social-Emotional Learning Speaker Series

The 2021-2022 school year will bring students back to the classroom while facing new challenges to their mental and emotional well-being. Join us for a speaker series focused on exploring ways to empower student skills for social-emotional growth and develop resilience.

SESSION 6

Wednesday, May 4, 2022

3:30 -6:30pm - via Zoom

(Will be recorded)

Dr. Kristin Neff

Author and Co-Founder of the Center for Mindful Self -Compassion



Dr. Kristin Neff is a pioneer in the field of inner strength training and self-compassion. Neff is the first person to empirically study the concepts and create a simple, actionable guide proven to increase motivation, boost resilience, and improve mental health. As we emerge from the pandemic, when burnout is threatening the happiness, success, and productivity of us all, she shows us why we need self-compassion more than ever.

Neff's first book *Self-Compassion: The Proven Power of Being Kind to Yourself* quickly became the handbook for truly actionable wellness advice. Using solid research, personal anecdotes, practical exercises, and humor, Dr. Neff was able to clearly explain how to rewrite your own destructive scripts so that you can be healthier, happier, and more productive. Its companion, *The Mindful Self-Compassion Workbook*, went on to become a bestseller, providing science-backed, step-by-step guidance for tapping your inner resources and transforming the way you work and live.

[**REGISTER HERE**](#)

Audience: Teachers, Administrators, School staff, families, & community organizations

For questions, please contact:

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Registration Coordinator - Jaina Sebastian, jsebastian@napacoe.org