Mindful Self-Compassion (MSC) Testimonials:

“When I started this class, I was feeling burnout and considering if I would continue doing my job. Now at the end of this course, I feel rejuvenates, have skills to use going forward, and can see that I can continue doing my job”.

“Before learning about self-compassion, I couldn’t exist in my skin. I had a beautiful life with a husband, two health boys, and friends, but I was so full of self-loathing I couldn’t even enjoy it. With MSC something real shifted in me. Since the Course I have lost 20 pounds, run a 5K, and have become a better mom, wife, and friend. And the external changes are really nothing compared to the internal peace I’ve found”.

“This course has been transformative for me.”

“This course is unprecedented in its value to me in terms of my own personal growth.”

“I will certainly make use of the skills learned and the materials shared in future.”

“Thank you so much for offering this opportunity. I am truly grateful”

“The program is really well designed and was delivered by the teachers so very well. Great expertise in the subject matter and more demonstrated by both teachers.”

“Thank you to the two teachers. I loved walking into the venue; I felt very safe with the group and loved the feeling of familiarity as the weeks passed.”

“I think it takes great heart to do what you do. There is a real feeling of serenity in the venue of the program each week.”

“I enjoyed both teachers.” “They knew the material well and were excellent!”

“The course is life changing!”

“Both teachers were compassionate. Kindness and mindfulness were always present in their teaching style.”

“We had good discussions in the program.”