

01. REFLECTIONS ON THE TRAINING
HAS YOUR INNER VOICE SOFTENED? ARE YOU AWARE
WHEN A MANAGER OR FIREFIGHTER IS LEADING?

Mindfulness homework

02. A RETURN TO LOVE HYPNOTHERAPY

03. 2 PRACTICES TO REMAIN ON THE
SELF-COMPASSION PATH.

04. COMMON CHALLENGES THAT ARISE
OUR JOURNEY CONTINUES &
REQUIRES COMMITMENT



**OVERVIEW
WEEK 4**

HOMEWORK REVIEW

AUDIO

Practise the coming home to self-mindfulness breath-based meditation in the morning.

MINDFULNESS

Apply loving speech & compassionate listening to your self and relationships.

JOURNALLING

What positive impact does loving speech and compassionate listening have on my life?

A woman with blonde hair pulled back, wearing a white t-shirt, is shown in profile from the chest up. She is looking intently at a hand mirror she is holding in her right hand. The mirror has a silver frame and a red back. The background is a plain, light gray.

DAILY MIRROR WORK

WEEKLY LAVENDER DAYS



COMMON CHALLENGES

- LIFE CHANGES & STAGES – POSITIVE OR NEGATIVE
- OTHER PEOPLE FINDING THE 'NEW' YOU CHALLENGING
- RESISTANCE TO COMPASSION
- THE RESIDUE OF CHILDHOOD INSECURE ATTACHMENT ISSUES
- TIME PRESSURES – OVERWHELM
- ONGOING PEOPLE PLEASING – COMPASSION FATIGUE

OUR JOURNEY CONTINUES

- FURTHER TRAINING FOR THIS GROUP IN SEPT – MAINTENANCE & NEW STRENGTHS
- ONE-TO-ONE SESSION IF YOU WANT TO EXPLORE SOMETHING – NO NEED TO JOIN MY WAITLIST.
- SELF-COMPASSION RETREAT IN CRETE IN JUNE 24TH (7 NIGHTS)
- NEW BOOK – 'SLEEP WELL' – COMPASSION IS A MAJOR THEME
- FREE BUILDING EMOTIONAL RESILIENCE WEBINARS – NEXT ONE MARCH 12TH – DERMOT WHELAN
- SLEEP WELL ONE-DAY RETREAT ON SUNDAY 19TH MAY