

# Compassionate Mind Training for Parents™

*Fed up of striving, low confidence, and battling your emotions?*

Join me on this innovative, evidence-based 8-week course (Irons & Heriot-Maitland, 2020), where you will be guided in learning how to develop your 'compassionate mind'.

By strengthening your 'compassionate mind' you can reduce self-criticism, balance strong emotions such as anger, anxiety, shame, and re-focus more easily on the things that matter to you in the present moment.

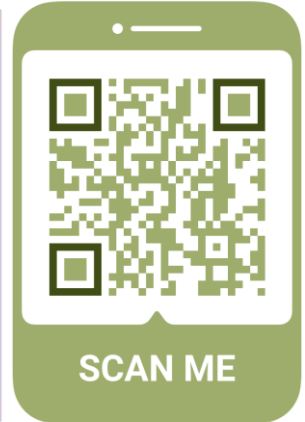
Enjoy a mixture of taught content, experiential practices, group discussion, videos and brief journalling, delivered in English in a friendly and welcoming environment.

## Venue & Details

@ KINdecht – where families connect.  
Zur Stahlgießerei 8, 8200 Schaffhausen  
Held on Thursdays 7pm-9pm

Starting 27<sup>th</sup> October 2022, ending 15<sup>th</sup> December 2022  
250CHF per person including materials & refreshments  
Queries can be directed to [wolfewellbeing@gmail.com](mailto:wolfewellbeing@gmail.com)

**Request a free initial consultation • Claim 5% discount  
using code CMTKIND • Scan the QR code to register**



I hold a professional doctorate in Clinical Psychology from the University of Liverpool (UK). I have worked in health and social care since 2006. I am committed to empowering others to make sense of their emotional experience and nurture resilience through evidence-based and realistic interventions.

*Dr. Sarah Wolfe, Wellbeing Consultant and Clinical Psychologist*

*Evidence-Based, Human-centred, Experiential, For Real Life.*