



Self-Compassion Guidance for Individuals

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Opportunity for individual guidance using *The Mindful Self-Compassion Workbook*. Meet with (Kevin) to help you integrate the content, exercises and informal practices. Time for personal reflection and growth on bringing self-compassion into your life to address specific challenges or hurdles you are facing.

Format:

- All sessions are 60 minutes to be scheduled.
- Number of sessions to be determined by the individual.
- Sessions can be by phone or via Zoom.

Cost:

- \$60/session
- Pay by check or credit card via PayPal
- *The Mindful Self-Compassion Workbook* can be purchased at the [Self-Compassion website](#). Last pricing was \$14.96 for either paperback or e-Book.

Register: Please contact Kevin Pokorny at kevin@pokornyconsulting.com