

Role of Self-Compassion in Wellness Management.

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Abstract

Self-Compassion is an active component in managing our well-being and tenacity to face life. Confronting shortcomings that include areas of improvement, emotional inadequacies, desires for competency development and negative self-talk can promote a state of neglect unless strategies promoting self-compassion are consciously implemented. Unlike the positive transformational impact of self-compassion, toxic feelings of fear of failure and guilt corrode self-motivation. By befriending the inner critic to communicate with the self in a motivating and constructive manner, the efforts to encourage oneself to lead a purposeful life will be significant and metamorphic. The inner balance supported with kindness enables a state of wellness to exist and equips one to assist others in their life journey. Wellness management is not just about how we relate to and cope with life, but about our relationship with ourselves, our flaws and the wisdom gained from the experiential journey of life. The session will elaborate on the key strategies that lead one to explore, discover and realize the wisdom derived from mindfulness to achieve wellness and personal and professional satisfaction.

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Biography

Seetha Sagaran is a Personal Development Trainer, Lifestyle Consultant and Motivational Speaker with a background in English, Psychology, Counselling (including Crisis & Trauma Counselling, (U.K), Hypnotherapy, Metaphor Therapy and Teaching Children

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