

# Mindful *Self-Compassion* for fertility



## Dear Fertility Plus patients,

We are delighted to be able to offer to you a Compassion through Fertility seminar. We know that going through fertility uncertainty and treatment can be an emotionally challenging time. This **free seminar** will provide you with valuable resilience life skills to support you through the highs and lows of the fertility journey.

### Expected results:

- ♥ Greater understanding of how self-kindness is a powerful antidote to stress
- ♥ How to motivate yourself through kindness rather than self-criticism
- ♥ Handle difficult situations and emotions with greater ease
- ♥ Personal sense of peace

**FREE  
seminar**

#### Seminar details:

**Time:** 6:15 – 8:45pm

**Venue:** Fertility Plus

**Date:** Monday 7th August

**Register:** Email Carol at Fertility Plus to register, as numbers will be limited - [carolo@adhb.govt.nz](mailto:carolo@adhb.govt.nz)

### *About your teacher*

Sarah Friis has a Masters in psychology from The University of Auckland and completed the MSC Teacher training in November 2016. Sarah is no stranger to the challenges of infertility. After 7 miscarriages and 8 long years of fertility treatment she is blessed to have two beautiful boys, Hugo and Louis. She has spent many years facilitating personal and professional development programmes and is a co-founder of her own successful team performance consulting business. From her personal experience and desire to help others just like her, she brings this not-for-profit training exclusively to the fertility treatment community.



To learn more about MSC visit: [www.centerformsc.org](http://www.centerformsc.org)