WHO WE ARE

KATIE BARR
Director of Education + Innovation
Exec. Director of Wayfinder Foundation

TRISTAN LOVE
Director of Learning + Engagement
Assistant principal’s challenging youth helps him mentor students in disciplinary program

From Troubled Teen to Teacher to Principal
KATIE BARR
TODAY’S AGENDA

Definition of Compassion

Three Components of Self Compassion

Toast to Ourselves
OPENING RITUAL

WEATHER REPORT

Describe how you are doing today using a weather metaphor.
LET’S UNPACK SELF COMPASSION
Self-compassion is defined as the practice of quieting our inner critic, replacing it with a voice of support, understanding, and care for ourselves.

Dr. Kristin Neff
Pioneer of Self Compassion
THREE COMPONENTS OF SELF COMPASSION

- **Self-kindness**: gentle and understanding with ourselves rather than harshly critical and judgemental.

- **Recognition of our common humanity**: connected with others in the experience of life rather than isolated and alienated by our suffering.

- **Mindfulness**: hold our experience in balanced awareness, rather than ignoring our pain or exaggerating it.
THE WHY

SELF COMPASSION PROMOTES WELL-BEING

- Improved well-being + reduced psychological problems
- Increase happiness + mindfulness - reducing depression, anxiety + stress
SELF COMPASSION HELPS US RELATE BETTER WITH OTHERS

- Tend to provide higher levels of emotional support to their students
- More empathetic + forgiving of others
- Able to resolve interpersonal conflict in healthier ways
THE WHY

SELF COMPASSION MAKES US MORE RESILIENT

- Ability to cope better with difficult life experiences
- Associated with higher self-efficacy - lower fear of failure
- Leads to “bouncing back” from failure more quickly
SELF COMPASSION MOTIVATES SELF-IMPROVEMENT

● More likely to take responsibility for their past mistakes

● Helps reduce procrastination and alleviate the stress associated with it
TOAST TO MYSELF

How can we practice positive self-talk?
Beauty is about being comfortable in your own skin. It's about knowing and accepting who you are.

Ellen DeGeneres (born 1958) is an American comedian, television host, actor, writer, and producer.
NEGATIVE SELF-TALK
“You’re not good enough.”
“So-and-so is doing better than you.”
“Can’t believe you said/did that! That’s so embarrassing.”
“You’re so dumb.”
“I can’t believe you messed up AGAIN.”
“Why can’t you just be cooler?”
"Why can’t you just be normal?"
"You’re doing everything wrong."
"You’re not trying hard enough."
"You did it again... you have no self-control."
"Don’t even try because you will fail anyway."
"You are worthless."
+ How many did you mark?
+ How did it feel to hear those negative phrases out loud?
+ Can you think of other phrases that weren’t included?
REFLECTING ON THE POSITIVE
REFLECTING ON THE POSITIVE

+ One thing I like about myself...
+ One thing I’m proud of...
+ One thing I’m good at...
+ One thing that makes me me is...
WRITING A TOAST
“I want to give a toast to someone who...

[response to Prompt A], [response to Prompt B],
[response to Prompt C], [response to Prompt D].

And that person is me.”
SHARING
DEBRIEF + WRAP UP
DEBRIEF + WRAP UP

+ How did it feel to share your toast?
+ Where does negative self-talk come from? What are some social and cultural factors that influence our self-talk?
+ How might you practice positive self-talk more often?
We would happily offer a toast to someone we care about, but saying these same things to ourselves can feel really challenging and uncomfortable.

In fact, our negative self-talk can be so frequent we don’t even realize there might be another way we could talk to ourselves. What would it be like if we recognized the good in ourselves?
Lessons from Today

Email us at
INFO@projectwayfinder.com
- CLOSING RITUAL -

HEAD, HEART, FEET

**HEAD**: What are you thinking?
**HEART**: What are you feeling?
**FEET**: What are you doing to take care of yourself?
THANK YOU