



NEW! Be a Self-Compassion Super Hero!

with Sue Mann

Tuesday, March 26, 2019

9:00 am – 12:00 pm

Fee \$70, includes light refreshments

REGISTER ONLINE at www.hsctc.org/workshops

**Borg Warner Conference Room, Tompkins County Public Library,
E. Green St. at S. Cayuga St., Ithaca ([driving and access directions below](#))**

Presented by the Human Services Coalition

Co-sponsored by the Tompkins County Public Library

“I’m a failure.” “What an idiot I am.” “I’m just no good at this.”

How often do we speak to ourselves in a way we never would to our loved ones, or our best friends? We think that in being our own harshest critic we will beat others to the punch and hold off the pain of criticism. We think this is best way to motivate ourselves to do better.

But our brains just aren’t wired to work this way. The more we practice self-criticism, the worse things tend to get.

The antidote? Self-compassion. This is not some “woo-woo” skill that gives us a get-out-jail-free card. Self-compassion is a robust practice, thoroughly grounded in neurobiology. It is practice that provides all the benefits of high self-esteem with none of the drawbacks of arrogance or selfishness.

In this workshop, participants will:

- Get clear on self-compassion truths and myths
- Learn how to handle difficult emotions with greater ease
- Learn to motivate yourself with kindness rather than self-criticism
- Learn practical self-compassion practices so you can start to unlock your true potential

Prior to the workshop, there will be an optional, 15-minute ***free*** self-compassion assessment to help you maximize your workshop time and learn the practices that best suit your needs.

About the Presenter

Sue Mann is a professional coach on a mission to equip professionals with the tools to deal with the difficult – and seldom talked about – challenges of being a professional in today’s demanding workplace so that they can thrive, not just survive. Sue learned first-hand that a 25-year career doesn’t mean you have it all figured out when it comes to dealing with unhealthy work environments, dysfunctional work teams, and the crushing sense of failure and self-doubt that less-than-ideal workplaces can cause. Now she wants everyone to learn the skills of resilience so that they become unshakably confident - and unstoppable.

Her 25-year career has spanned continents, roles and industries. Previously she has been a diplomat, consultant, project manager, banker, manufacturer, and entrepreneur. She has worked in government, finance, banking, real-estate, hospitality, energy efficiency, utilities and – incongruously – children’s footwear and apparel. Sue has an MBA from Cornell University.

Registration and Payment

Register online at www.hsctc.org/workshops. If you are unable to register and pay online please call 607-273-8686 or email registration@hsctc.org.

Cancellation Policy

All registration sales are final - we are unable to refund or transfer fees onto a different workshop for missed sessions. At times a workshop may be cancelled due to inclement weather or other issues. If this occurs, we will post the cancellation on our website: www.hsctc.org/workshops, email all registered participants, and refund any prepaid fees. If you plan to walk-in, please check our website for the most up-to-date information prior to attending.

Scholarships

Limited scholarships are available to agencies whose non-profit board and staff members cannot attend without one. To request a scholarship, email: registration@hsctc.org in advance of the workshop.

Snacks

Coffee, other drinks, and snacks are provided at all workshops; lunch is not provided. Attendees at sessions in the Borg Warner Room may leave and eat lunch on the beautiful Ithaca Commons.

Special Needs

Please notify us if you have any special needs; the Coalition wishes to make its workshops accessible to everyone.

For the comfort of everyone, HSC workshops are fragrance free. We appreciate your cooperation.

Driving and access

The Library is located in downtown Ithaca on the corner of East Green and South Cayuga Streets.

Directions for accessing the Library

The Library does not open its Main door until 9:30 am, please go to the northeast corner of the building opposite the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Driving Directions

From North or South on Rt. 13 or 34: Proceed to Green Street in downtown Ithaca. Turn East (toward Cornell and downtown) on Green Street. Proceed approximately six blocks to Cayuga St, take a right turn and proceed as below.

From South on Rt. 96b: Proceed down hill on Aurora Street to East Clinton Street.

Turn left and proceed to Cayuga Street. Turn right on Cayuga Street and proceed as below.

From East on Rt. 79 or 366: Proceed to downtown on State St hill and veer right onto Seneca St at the bottom of the hill. Stay in the left lane of Seneca St until you come to Cayuga St. Turn left on Cayuga St and proceed as below.

From West on Rt. 79, 96 or 89: Proceed east to Fulton St. Turn right on Fulton St and stay in the left lane. Turn left on Green St and proceed about seven blocks to Cayuga Street. Turn right and proceed as below.

From all directions: Park in the Cayuga St. parking garage behind the Library and across from the Hotel Ithaca, or in the Green St. garage (entrance is past the "Pay and Display" and after the Cinemapolis sign on the left) diagonally across from the Library. Please note that "Pay and Display" parking is an option but the cost is twice that of the Green St. or Cayuga St. garages. The Library does not open the main door until 9:30 am, so go to the northeast corner of the Library building next to the TCAT Green Street Station, turn right and enter at the door on the right under the green canopy. The Borg Warner room is immediately on your right.

Accessible Parking

We recommend parking on the first floor (it's actually the second floor of the structure) of the Green Street parking garage near the lime green wall labeled "Green Street." There is an elevator that will take you down to the ground floor which outlets at the crosswalk on Green Street. Cross the street, turn right and it's a short distance to the northeast corner of the library, next TCAT's Green Street Station. Enter at the door under the green canopy. The Borg Warner room is immediately on your right. If the accessible parking spots are taken near the elevator you can also go one floor up and there are more spaces next to the elevator on the roof.

The Coalition is a United Way agency.