**Compassion, Wisdom & Wellbeing**

A 6 week training based on science and built on practice

12 Places only

**Sunday 27th May 10am-4pm**

**&**

**6 Evenings From 7-9pm**

**Tuesdays: 29th May, 5th June, 19th June, 26th June & 3rd July**

 **Wednesday: 13th June 2018**

 Venue: 10/4, Abercromby Place, Edinburgh, EH36LB

***“If you want others to be happy, practise compassion. If you want to be happy, practise compassion”.***  ***Dalai Lama***

This six week training explores how you can:

* Increase your wellbeing & the wellbeing of those around you
* Better understand the core importance of compassion in relationships
* Develop wise perspective, emotional intelligence & deeper inner balance
* Develop and use your strengths
* Identify and live your values - gaining in tolerance & personal purpose

The approaches used will be based on recent, fascinating scientific studies on the health and wellbeing benefits of closer relationships, a spectrum of meditation practices, skilful emotion regulation, the importance of choice & autonomy, and the overlapping benefits of increasing happiness and personal flourishing. We are indebted to he outstanding work of our dear friend, Dr James Hawkins ([www.goodmedicine.org.uk](http://www.goodmedicine.org)), who has been key to the design and development of this course and with whom we work closely.

**Who are the trainers?**

**Kirsty MacGregor MA MBA DipEd:**([www.mac-consult.co.uk](http://www.mac-consult.co.uk/)): Kirsty is an international educator, consultant and coach and is a Co-Director of the University of Edinburgh Global Compassion Initiative. She finds great joy in supporting individuals to realise their potential and live deeply fulfilling lives.,

**Stewart Mercer MBChB, BSc (Hons), MSc, PhD, FRCGP, FRCPE, FFPHM:** Stewart has been a researcher and a medical doctor for almost 30 years. Mindfulness-based approaches to health & wellbeing have been a key interest both professionally and personally throughout his career. He has published over 250 research papers, and is internationally widely recognised for his work on empathy, mindfulness and the ‘human face’ of care.

Cost: £195/ £165 un/low waged; **Earlybird: £175 un/low waged £145 (full payment 1st May)** . 10% off for returning students. 20% of the proceeds will be donated to the Edinburgh of University Global Compassion Initiative.

For further information & to book, contact:

Kirsty MacGregor at kirstymacgregor@mac.com