

Cultivating Self-Compassion: Your Guide to Genuine Positivity

This webinar offers a comprehensive exploration into the transformative power of self-compassion as an antidote to the pervasive culture of toxic positivity and the detrimental habit of unhelpful comparison. In today's world, where the pressure to present an eternally positive facade often dismisses the complexity of human emotions, this webinar serves as a vital resource for fostering a more authentic, supportive, and empathetic approach to self-awareness and emotional well-being.

The core of the session focuses on practical self-compassion strategies to navigate the challenges posed by toxic positivity and unhelpful comparison. Through a blend of expert guidance, interactive activities, and real-life applications, participants will discover how to apply the three key components of self-compassion—self-kindness, common humanity, and mindfulness—to their daily lives. This approach promotes resilience, self-acceptance, and a healthier perspective on personal growth and emotional well-being.

Learning Objectives

- Understand the nature of toxic positivity, its impact on mental health, and strategies to foster authentic positivity
- Identify the triggers and effects of unhelpful comparison
- Master practical techniques for cultivating self-compassion

Content Outline

Unmasking toxic positivity: Understanding toxic positivity & its effects

- Define toxic positivity and understand its key characteristics and how it differs from genuine positivity
- Identify the negative impacts of toxic positivity on mental health and interpersonal relationships
- How to recognise toxic positivity in oneself and others, and learn to reshape harmful positive statements into more supportive and empathetic responses

Escaping the comparison trap: Understanding unhelpful comparison & its effects

- Define comparison and distinguish between upward and downward comparisons, understanding their respective impacts on self-perception
- Identify situations when comparison becomes unhelpful and leads to negative emotional outcomes
- How to recognise unhelpful comparison tendencies in oneself and others, fostering a healthier mindset and self-acceptance

Breaking free: Applying self-compassion strategies to rise above toxic positivity & unhelpful comparison

- Understand the concept of self-compassion and its role in overcoming toxic positivity and unhelpful comparison
- Learn and apply the SAFE technique (Soften, Allow, Feel, Expand) as a practical framework for fostering self-compassion in challenging situations
- Explore additional self-compassion strategies, such as using supportive touch and adopting a friendly mindset towards oneself, to enhance emotional resilience and well-being