



The Mindfulness Network

Serving the mindfulness community and general public through supervision, retreats and training courses

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Course Information

Compassion: MSC Online Intensive Foundation Training

When: 9 Nov 2024 - 7 Dec 2024

Where: [Online Event](#)

Tutors: [Ali Lambie](#), [Caroline Hoffman](#)

Dates

5 x Saturdays as follows:

9th November, 16th November, 23rd November, 30th November, 7th December 2024

What is compassion?

Compassion is the capacity to be sensitive to the suffering of ourselves and others and the willingness to relieve and prevent it (Paul Gilbert, 2014). It is a capacity inherent in all of us but for many reasons does not always come to flourish. Fortunately, it can be trained, developed and deepened through practice. Compassion is characterised by kindness and receptivity as well as courage and responsibility. Many believe compassion should be directed towards others rather than ourselves but self-compassion is not selfish. Research increasingly shows that self-compassion is – like mindfulness – key to mental health and goes hand in hand with greater openness and empathy towards others.