

Research shows that Compassionate Mind Training can improve emotional wellbeing, self-compassion and emotion regulation, while helping reduce stress, anxiety and self-criticism.

Joanna Rose
Compassion · Mindfulness · Nature

Cultivating Compassion

Understanding Ourselves

A SIX-WEEK EVIDENCE-BASED PROGRAMME.

Starts Tuesday 6th October 2026
1pm-2.30pm

Have you ever found yourself overthinking, worrying, being hard on yourself or wondering why your mind reacts the way it does?

This course helps you understand why this happens and offers practical skills to help you respond with greater compassion and confidence.

- **Understanding** how your **brain, body and emotions** work together
- Learn ways to **support your nervous system**
- Develop a more **supportive inner voice**
- Work more **skilfully** with worry, self-criticism and stress
- **Strengthen your relationships** through compassionate communication

Early Booking

£225

Book before 6th Sept

Standard Price **£250**



Sessions

Six weekly sessions
90 minutes



In- person

Swansea
Wellbeing Centre



Small Group

Maximum 12
participants



Joanna Rose

Compassionate Mind Training Facilitator
Mindfulness & Nature-Based Wellbeing

In association with Mindfulness Wales and Derby University

