

Go to: www.recovery.je and click on 'Our Courses'

Exploring Self Compassion

Self-compassion involves treating ourselves kindly, like we would a person we care about. During this introductory workshop we will explain the meaning of self-compassion and its benefits and challenges. We will invite students to participate in some brief exercises and meditations, which are designed to bring awareness to our experiences and to ourselves. We will provide some resource information for those wishing to continue to explore the subject.

SCHEDULE

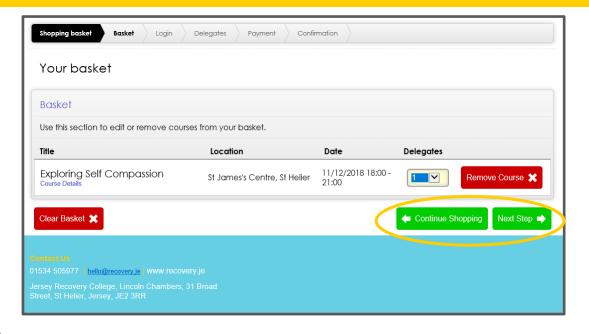
Tuesday 11th December 18:00 - 21:00

Register Interest

I via our booking system

Step 2

Find the course you would like to 'Register Interest' for and click here. You will be re-directed to our booking system

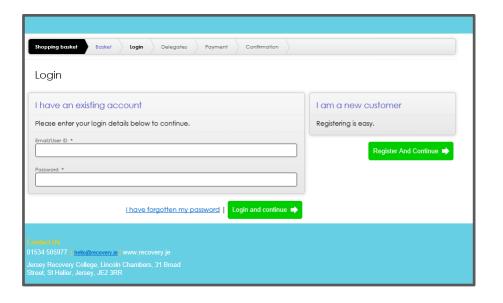


You will be redirected to your basket.

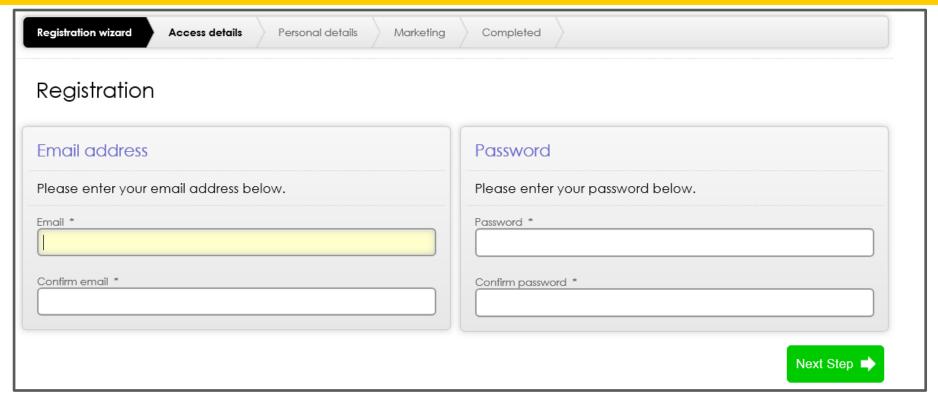
Here you can:

- Review details of the course
- Remove courses
- 'Continue shopping' to add more courses to your basket

When you're ready to register your interest, click 'Next Step'



Click on 'Register and Continue'

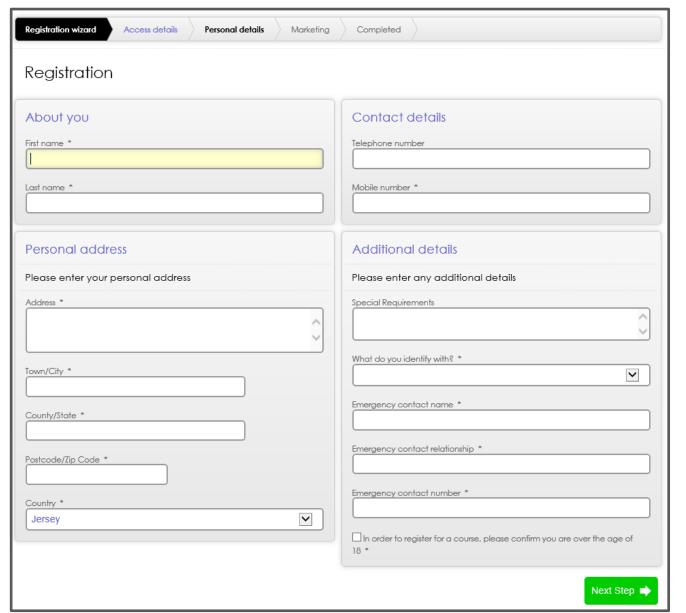


Step 5

Enter your email address and password.

Your password must be at least 8 characters and contain 2 or more numeric characters.

Click 'Next Step'

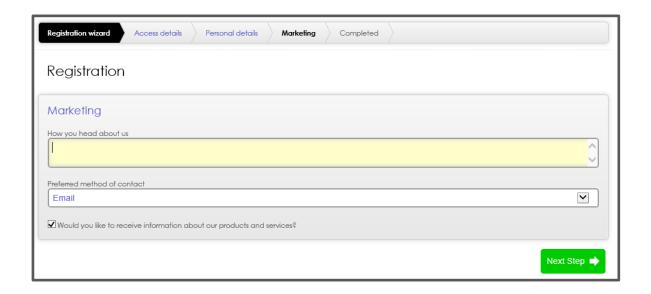


Step 6

Enter your personal details

- Name
- Contact Number
- Address
- Additional details

Click 'Next Step'

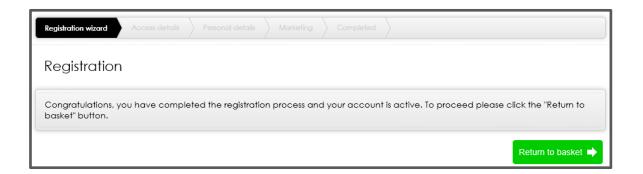


Step 7

Enter in how you heard about us and the best way to contact you.

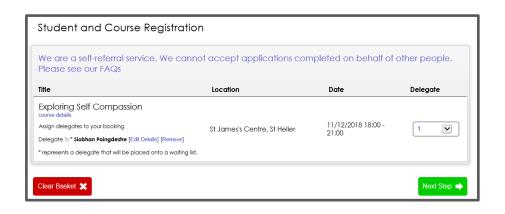
Select if you would like to receive our email newsletters which provide updates and course information. This is what we mean when we refer to marketing.

Click 'Next Step'

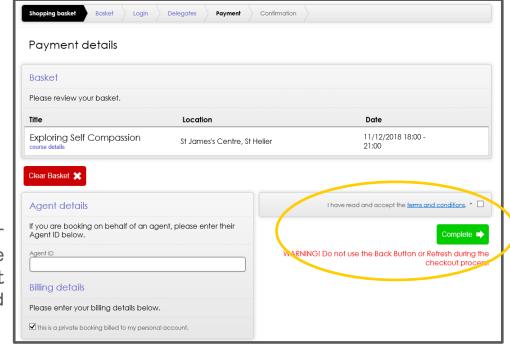


You now have an account on JRC's Student Learning Portal. Please see our Existing Student and Learning Portal Userguide for guidance on using the portal.

Click 'Return to Basket' and this will take you back to register your interest for the course(s)



Once you've reviewed the course details, click 'Next Step'



All of our courses are free, you won't be billed

Step 10

Please make sure to review 'Terms and Conditions' and check the box before clicking 'Complete'

Once completed you will receive an email confirming you have registered your interest for the course(s). Please check you junk/spam inbox.