

Self-Compassion in Teachers

Many of us positively try to help others always, sometimes by keeping some boundaries or realizing our capacity to help, and sometimes we do it at any cost. Showing kindness to others is an excellent thing but are we kind enough toward ourselves? Often, we either do not get any response or receive a reply in the form of 'How.'

This session is specifically about compassion toward self and its effectiveness in our personal and professional lives.



Rabia Mushtaq, Ph.D., is working as an Assistant Professor at Iqra University, Karachi, and teaches courses in Psychology and Personal Development. She has done her Ph.D. in Clinical Psychology from the Institute of Clinical Psychology, University of Karachi, Pakistan. She is also practicing as a Consultant Clinical Psychologist at Dr. Farrukh Zahoor Ahmad Trust of Clinical Psychology. She is also an Internationally Certified Addiction Professional (ICAP I) and conducts counselling and training sessions for the benefit of the society.

Day: Saturday **Date:** July 31, 2021
Time: 12:00pm to 1:00pm

Registration Link

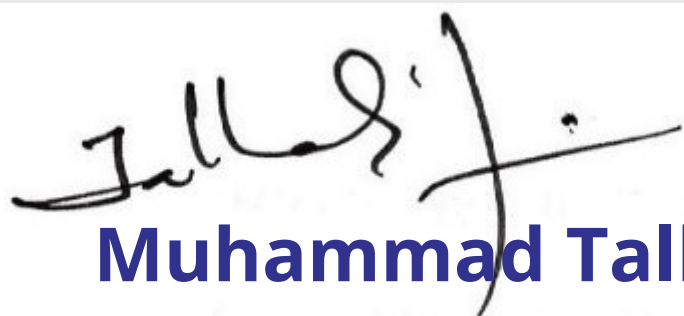
<https://forms.gle/bAtU8F9Yv1Qr6cs38>

Zoom Link

<https://us02web.zoom.us/j/3543926299?pwd=V1V2VUljV3lIUmJ6ZUdJb0hzT3BWdz09>

Meeting ID: 354 392 6299

Passcode: SPELT-2021



Muhammad Talha Saleem

Associate Chair, Professional Development
Council (2021)
(talhasaleemelt@gmail.com)



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HEAD OFFICE

SPELT House: No. 101 First Floor Plot No. C-28 Kh-e-
Ittehad, Lane 12 Phase II Ext. D.H.A, Karachi.

Tel. No (021) 35313731, 35313733, 5313734, 38884192

Mobile No. 0333-3754250

E-mail: speltheadoffice@gmail.com