



## Mindfulness-Based Compassionate Living

### What is Mindful Compassion?

Practicing mindfulness supports us to be aware of our moment-by-moment experience. But how do we deal with moments which are especially difficult and painful?

Mindful compassion helps us to meet life with heartfulness. So, rather than being harsh to ourselves or judging others, we can be on our own side at the same time as sensing and respecting the needs of others.

Compassion is a sensitivity to pain and suffering – of ourselves and others – and a commitment to relieve and prevent it. Mindfulness helps us do this in a balanced way so we can be responsive without facing overwhelm.

This ability for mindful compassion is a human capacity which the Mindfulness-Based Compassionate Living (MBCL) programme can support you to nurture and grow.

### What brought me to Mindful Compassion?

I teach mindful compassion because it has had such a big impact on my own life and, in the words of Richard Bach, "We teach what we most need to learn."

For me, as for many of us in 'helping' professions, compassion for others comes much more naturally but self-compassion was a different matter. There was a constant voice in my head judging and criticising. Not surprisingly, this way of relating to myself did not help alleviate my low mood and depression!

As I began to practice mindfulness things gradually began to shift. But it wasn't until I attended my first mindful compassion training that transformation really took root and I started relating to myself more kindly. Naturally this had a knock-on impact for how I showed up for others.

I'll be honest, at times it was confronting to recognise old patterns - I write about this in my [Blog The SUN of self-compassion](#). However, I had a heart-felt sense that this was the work I needed to do to heal. This is the work of healing I am passionate about sharing with you.

### What is MBCL?

The Mindfulness-Based Compassionate Living course was Developed by [Erik van den Brink](#) and [Frits Koster](#) for those seeking healthy ways to deal with pain, stress, and suffering.

The course focuses on cultivating compassion for ourselves and others. The MBCL course is based on scientific research and draws inspiration from various experts in the field of compassion training and mindfulness, including Paul Gilbert, Kristen Neff, Chris Germer, Tara Brach and Rick Hanson.

MBCL was designed as a follow-on course, focussed on building mindful compassion, for those who have attended an 8-week course such as MBSR or MBCT and would like to take their practice further.



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### What are the Benefits of MBCL?

If you sometimes feel overwhelmed by the many challenges, threats and distractions of our modern world, you are not alone. Stress, anxiety, depression and burnout are becoming increasingly common. Mindful Compassion acknowledges our shared humanity and our unique strengths and challenges, offering us practical, science-based ways to:

- Deal more wisely and kindly with the inevitable stresses of life
- Find a healthier balance between caring for ourselves and others
- Cultivate more kindness, happiness, health and harmony in all the different aspects of our lives
- Deepen the healing effects of mindfulness

### Is MBCL for you?

MBCL is specifically designed as a deepening course for those already familiar with basic mindfulness practice. It is intended for those who have completed an eight-week mindfulness training such as MBSR or MBCT.

If you have a regular mindfulness meditation practice of at least 1 year and would like to speak with me about whether MBCL is a good fit for you please get [in touch](#).

I also offer one-to-one mindful compassion coaching for individuals who are new to the practice. [Get in touch](#) to explore the options.

### What to Expect During the 8-Week Course?

Each session is 2 and a half hours and typically:

- Begins with a short, 'landing' meditation
- Moves into a longer meditation practice or mindful movement.
- Offers time for group discussion
- Explores some helpful theory
- Includes exercises in cultivating compassion for yourself and others
- A short break
- Options for **Home Practice**
- Develops kind awareness to help us with compassion and balance

There is also a Day of Practice and resources are provided to support your daily Home Practice



## Mindfulness-Based Compassionate Living

### Practicities

#### What does it cost?

The suggested fee is €350 for the 25 hour course, supporting resources and a certificate of completion. If your circumstances mean you'd benefit from a reduced rate please get in touch.

The programme includes a day of guided practice in addition to the 8 weekly sessions.

You will also receive weekly course resources, access to our online learning platform, audio recordings of all our meditation practices and a certificate of completion.

In addition, participants are encouraged to buy the wonderful course workbook, [A Practical Guide to Mindfulness-Based Living: Living with Heart](#), by course creators, Erik van den Brink and Fritz Koster

#### How do I register?

You can reserve your place on the next group course via my [online booking](#) service on my website: [www.realisemindfulness.com](http://www.realisemindfulness.com) or you can contact me direct by email at [kateensor1@gmail.com](mailto:kateensor1@gmail.com)

I also offer one-to-one mindful compassion coaching for individuals. Get in touch to explore the options.

#### Want to experience mindful compassion first?

If you would like to experience mindfulness for yourself, why not join my free [Midweek Meditation](#) or listen to my [podcast](#) to get a flavour of the impact mindfulness meditation could make on your life.

#### Taking good care

Please note, the course is design for those with a familiarity with basic mindfulness practice and a willingness to engage in personal reflection, experiential exercises and mindful dialogue.

before participating in the course, I request you submit an application form and may suggest we meet for a free orientation conversation, during which I will answer any questions you may have and assess if this is the right time for you to take the course. As a trauma-informed teacher I take my role to support your learning and well-being seriously.

#### About your Teacher

I have been practicing mindfulness myself for over 10 years and it has had such a huge impact on my own life I decided to train as a mindfulness teacher and share the benefits with others. I began teacher training in 2020 and am now proud to be a BAMBA and EAMBA registered teacher. I am currently completing an MA in Mindfulness-Based Approaches at Bangor University. I live in Luxembourg with my family and our companion animals and work as a nature-based well-being coach and mindfulness teacher.