



WOMEN
IN
RECOVERY

MARCH 23

2022

ZOOM

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m. CT

ON ZOOM

Meeting ID: 93507558272

Password: 259602

Link: zoom.us/j/93507558272

Phone-in: 312.626.6799

FIERCE SELF-COMPASSION

Ellie Hyatt

Self-compassion is considered a caring force. When in balance, it involves tenderness and fierceness. Based on the research of educational psychologist and author Kristin Neff, this session describes the three foundations of self-compassion. We will explore the fierce aspect of self-compassion as a source of protection and self-respect. As women, we have been socialized to be nice and not get angry. We will learn practices that allow us to keep our hearts open and protect ourselves forcefully.

Goals for this session:

- Increased awareness of our own relationship to self-compassion
- Understand fierce self-compassion as a source of protection
- Awareness of destructive and constructive anger



ELLIE HYATT is the former Director of Family & Spiritual Recovery at The Retreat in Wayzata, MN. Before joining The Retreat staff, Ellie was an independent businesswoman, a social worker, and worked with the state of Minnesota developing programs and writing legislation. She is a Certified Spiritual Director, a trained teacher of Self-Compassion, has been an active participant in 12-step recovery since 1993, and has significant experience organizing retreats and conferences.

Check theretreat.org/women-in-recovery for up-to-date information on location each month (in-person, zoom, or hybrid)

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The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

www.theretreat.org/women-in-recovery | WIR@theretreat.org | [fb/insta: @WomenInRecoveryMN](https://fb/insta:@WomenInRecoveryMN)