



**eccdc**

# Deepening Emotional Resilience through Building Balanced Empathy

As much as we like to think we are independent, the reality is that we are all inter-connected. This inter-dependence can make many of us feel emotionally overwhelmed, leading to an emotional disconnect towards others. But this inter-dependence also creates an opportunity to develop and embrace the quality of empathy, not only towards others but also ourselves.

In this workshop, we will examine what may cause us to feel emotionally overwhelmed and disconnected, often creating stress, and will explore vulnerability, emotional resilience and empathy. Through various activities we will learn how to empathize from the heart and from the head. This ability will allow you to: develop and nurture a calmer and more focused mind; identify what pushes us out of balance, allowing the space for wiser choices; develop better self-understanding and therefore real empathy towards others and yourself; develop stronger emotional resilience; foster closer and more nurturing relationship with family, friends and co-workers; and develop great compassion for ourselves and others.

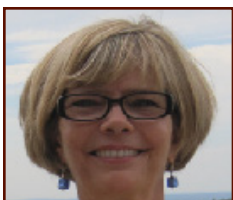
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**Saturday March 6, 2021 • 9:00 am to 3:00 pm**

ECCDC Conference Room, 3550 Schmon Parkway, Thorold

Niagara Educators: \$40 includes continental breakfast and a light lunch; outside Niagara Educators: \$45

**To register**, please contact 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)



**About Elizabeth Skronski** ~ Elizabeth holds a B.A. in clinical psychology from McGill University and also holds a certificate in Applied Mindfulness from the University of Toronto. She is a Certified Personal and Executive Developmental Coach. She is also a certified facilitator in Meditation, Transformative Mindfulness, the Five Tibetan Yogas, and is a facilitator of the 16 Guidelines, a framework to live a meaningful life, create inspiring workplaces, and engage employees.