



# Calm Your Inner Critic & Quiet Your Anxious Mind

with Jane Shure, PhD, LCSW & Beth Weinstock, PhD

<b><u>when:</u></b>	Sunday, February 26, 2012
<b><u>where:</u></b>	The rustic beauty of St. Raphaela Center, Haverford, PA
<b><u>cost:</u></b>	\$155
<b><u>time:</u></b>	10:00 – 4:30
<b><u>to register:</u></b>	<a href="http://www.SelfMatters.org">www.SelfMatters.org</a> – see registration form on the website workshop page

We all have an Inner Critic—that internal voice that thwarts spontaneity, promotes anxiety and keeps us feeling inadequate. While the critic’s voice may be strong, it can be countered by strengthening the voice of a stronger Inner Coach that helps us stay non-judgmental, resist patterns of self-doubt and support the confidence needed for success in work and personal life. This workshop teaches concrete tools for shifting away from self-critical thinking and increasing positive self-talk.

Strengthening the voice of an Inner Coach will:

- Relieve worry & decrease stress
- Increase resilience to manage disappointments
- Fortify courage to act assertively
- Develop greater self-compassion

Jane Shure, PhD, LCSW & Beth Weinstock, PhD, are psychotherapists and leadership coaches with over 30 years of promoting growth and change in individuals, groups and organizations. They are highly skilled in helping people harness strengths, activate motivation, expand perception and fortify relationships. They are on faculty of the Kripalu Center & the Athena Leadership Lab at Barnard College, write for the Huffington Post and have authored books and articles. For more: [JaneShure.com](http://JaneShure.com) (215) 849-3153 & [Bethweinstockphd.com](http://Bethweinstockphd.com) (610) 664-2996

For more about Beth & Jane’s work, see [ResilientLeadership.org](http://ResilientLeadership.org) & [SelfMatters.org](http://SelfMatters.org)

<b>Other Workshops in 2012:</b> <u>Athena Leadership Lab at Barnard College in NYC</u> (January 27) Calm Your Inner Critic for Leadership Development
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<u>Kripalu Center in the Berkshires</u> (October 26-28) <a href="http://www.kripalu.org">www.kripalu.org</a> 800-741-7353 Calm Your Inner Critic & Quiet Your Anxious Mind
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***Designed for the general public - PSCSW offers 6 CE credits for participants who are Pennsylvania social workers***