The Expanded Self: Taking Compassionate Action in Your Life
OLLl @ Berkeley ~ Spring 2019

The Expanded Self: Taking Compassionate Action in Your Life is an opportunity to become present with and appreciate who you have become over a lifetime and who you would like to be. You will reflect back on past challenges and successes, learn tools to cultivate self-compassion, and engage in a process to envision your best possible future. This hands-on journey uses mindfulness meditation and evidence-based practices from positive psychology, builds awareness of how to move beyond self-limiting beliefs, and exposes hidden truths about your own capacities that you can call on to activate your inner and outer life. The interactive nature of this work also builds community in the classroom as part of the process. The Expanded Self is informed by research from the work of Kristen Neff, Herminia Ibarra, Sonja Lyubomirsky, and others. Specifically, you will:

- Reflect on turning points in your own life and what they have taught you
- Envision a ‘Best Possible Future’ for yourself
- Learn about research on compassion for self and others and the impact of altruistic acts
- Practice strategies to develop mindfulness and for taking compassionate action
- Share your discoveries

Instructor
Lauren Vanett, MA, (415) 233-8859; Lvanett22@gmail.com

Dates and Time
Tuesdays, April 2 –May 7, 1:00 – 3:30 pm

Course Format/Method of Instruction
Lecture, individual and group activities, and group sharing

Course Expectations
Participants are strongly encouraged to:
- attend all class meetings
- actively participate in class
- experiment with strategies, complete assignments & share discoveries

If you have to miss a class, please contact Lauren prior to the class meeting at:
Lvanett22@gmail.com