



# Compassion Cultivation Training

When faced with difficulty and stress, we can meet life with steadiness and respond from a place of courage and resilience.

*Stress and struggle are a natural part of life. We train people and groups to move through life and its challenges with a steady mind, from a place of connection and inner strength.*

**What does Compassion Cultivation Training (CCT) look like?**

*CCT is an 8-week course, including:*

- Weekly 2-hour class, with lectures, discussions & in-class interactive exercises
- Daily meditation practices that progress from week to week, starting with 15 mins. per day
- At home practices to shift your learning into long-term habits
- Some classes will be video-taped for teaching and learning purposes.

**What effects have been reported ?**

*While students will each have their own unique experience, research has shown CCT may lead to:*

- Awareness of happiness and calm
- Acceptance of emotions as they are
- Self-acceptance
- Job satisfaction
- Compassion and caring for self and others
- Openness to receiving compassion from others



Carolyn and Anthonia - July 17th 2022

## The 8-week CCT journey

Week 1	Steady & calm the mind
Week 2	Loving-kindness & compassion for a loved one
Week 3	Compassion for oneself
Week 4	Loving-kindness for oneself
Week 5	Common humanity & developing appreciation for others
Week 6	Compassion for others
Week 7	Active compassion practice
Week 8	Integrated daily compassion cultivation practice

## About the Class

### Your Instructor - Dr. Frances Scully

Dr. Scully had the privilege of practicing as a Hematologist- Oncologist in Atlantic Canada for Twenty-Five years. Illness ended her career. Whilst undergoing live saving and alerting breast cancer therapy. She became certified to teach CCT meditation, through The Centre for Compassion and Altruism Research and Education at Stanford Medical School and the Compassion Institute. Since the pandemic she is working to co-create BeCompassionateNL.Inc to be able to teach this course online.

### Course Details

#### Dates:

Tuesday's Oct 18th - Dec 6th 2:00-4:00 PM NST,

Thursday Oct 20th - Dec 8th 7:00-9:00 PM NST,

Saturday Oct 22nd - Dec 10th 9:30-11:30 PM NST.

No previous experience in meditation is needed. This course will be taught on Zoom. Learners will have access to a private, cyber secure, easy-to-use platform on the private BeCompassionateNL.Inc Mighty Network.

**Fee: \$390 + \$11.61 processing fee** may be paid over 3 or 6 months.

**Register:** <https://becompassionatenl.ca/register-cct/>

**Website:** <https://becompassionatenl.ca>

