



Compassion Cultivation Training

The 8-week training developed at Stanford University Center for Compassion and Altruism Research and Education (CCARE)

Compassion Cultivation Traini

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, staring 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



The 8-week CCT journey

Week 1	Steady	/ & cal	lm the	mind
--------	--------	---------	--------	------

Loving-kindness & compassion for Week 2

a loved one

Week 3 Compassion for oneself

Week 4 Loving-kindness for oneself

Week 5 Common humanity & developing

appreciation for others

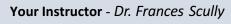
Week 6 Compassion for others

Week 7 Active compassion practice

Week 8 Integrated daily compassion

cultivation practice

About the Class





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 4th - Nov 22nd 3:00-5:00 PM NST, Thursday Oct 6th - Nov 24nd 7:00-9:00 PM NST, Saturday Oct 4th - Nov 26nd 11:00-1:00 PM NST.

No previous experience in meditationis needed. This course will be taught on Zoom. Learners willhave access to a private, cyber secure, easy-to-use platform on the private BeCompassionateNLInc Mighty Network

Fee: \$390 + \$11.61processing fee may be paid over 3 or 6 months. Register: https://becompassionatenl.ca/register-cct/Website: https://becompassionatenl.ca