

Register for an upcoming Au Large Webinar Series: The Path Forward session

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Students and employees are invited to the first event of the [Au Large Webinar Series: The Path Forward – Self-Compassion How to Effectively Motivate Yourself with Encouragement Rather Than Criticism](#) with Dr. Kristin Neff from 11 a.m. to noon on Thursday, May 26.

Dr. Kristin Neff, Associate Professor of Educational Psychology at the University of Texas, is a pioneer in the field of self-compassion research. She will discuss how self-compassion enables us to achieve our highest potential and lead healthier, happier and more fulfilling lives.

During this session you will learn a self-compassion practice designed to improve motivation, develop a growth mindset and rebound from failure.

[Registration is required](#) for this event using your Seneca email address. Please register by 10 a.m. on May 26.

The Au Large Webinar Series: The Path Forward will highlight three speakers who will discuss the path forward to well-being, environmental stewardship, equity and diversity, and the emerging world of hybrid work.

Questions? Email LED@senecacollege.ca.

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