

# Compassionate Coping through fertility.



**Dear Fertility Plus Patients,**

We know that going through fertility uncertainty and treatment can be a difficult and emotionally challenging time. This **free seminar** will provide you with valuable resilience skills to support you through the highs and lows of the fertility journey.

## Learn the skills to:

- ✓ Respond to anxiety and stress with self-kindness
- ✓ Motivate yourself through kindness rather than self-criticism
- ✓ Handle difficult situations and emotions with greater ease
- ✓ Create a greater personal sense of peace

## About your teacher

Sarah Friis has a Masters in psychology from The University of Auckland and completed Mindful Self-Compassion Teacher training in November 2016. Sarah is no stranger to the challenges of infertility. After 7 miscarriages and 8 long years of fertility treatment she is blessed to have two beautiful boys, Hugo and Louis. She has spent many years facilitating personal and professional development programmes and is a co-founder of her own successful team performance consulting business. From her personal experience and desire to help others just like her, she brings this not-for-profit training exclusively to the fertility treatment community.



## Feedback from Participants

"This workshop has answered questions and given me practical ways to address some of the things I've really been struggling with".

"Thanks for a practical and interesting class. I'm looking forward to trying these techniques out!"

## Seminar Details:

Time: 6pm – 8pm

Venue: Fertility Plus, Greenlane Clinical Centre

Date: Monday 2<sup>nd</sup> March, 2020

Register: Email Hope at Fertility plus to register, as numbers will be limited. [penelopec@adhb.govt.nz](mailto:penelopec@adhb.govt.nz)

Free  
Seminar