

WHAT DOES IT TAKE FOR US TO
LOOK AFTER OURSELVES?

- JENNY FLORENCE



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Learning Together Online

Resource Guide

About Jenny Florence

Jenny was born in London in 1961. She's an Accredited Counsellor with 26 years experience. She is also a Writer, Mother, and the Founder of the A-Z of Emotional Health on-line Library. She's also an International Bestselling Author of "7 Steps to Spiritual Empathy" and "Mindfulness Meets Emotional Awareness".



Drawing on both personal and professional experience, Jenny's books are a journey of self-awareness. Her series about the Intelligence of Emotion invites readers on a journey of self-discovery.

Beautifully combining the conceptual knowledge of emotional intelligence with practical and pragmatic application, readers will discover real and significant opportunity for transformation and personal growth.



About Jenny Florence (Ctd.)

"Our emotions are a powerful, human commodity. They can be our strongest, most supportive ally, they can disable us, leaving us feeling blocked, out of control and in pieces.

If we work on the premise that we ourselves ARE the source of change within our lives, it is clear that we will need to learn to listen to ourselves without fear and without judgment.

Our ability to listen to ourselves enables us to make informed, empowered choices in our lives.

I know that my deepening ability to listen to my emotions and to consider every emotional state as 'valuable information' has created a way of living that in itself, has been life changing."



Event Details

John and myself linked up today to look at rescheduling some events and our conversation took an unexpected turn. We found ourselves talking and sharing our own life experiences and our hard earned lessons in self-care.

As therapists, we understand the importance and value of self-care and yet, so frequently, in our efforts to be there for our clients, to maintain our consistency and our availability, we inadvertently disregarded our own needs and well-being.

Sometimes, life events force us to pause... to stop... and to listen to ourselves.

So, how do we balance being present to our own needs alongside those of our clients and still remain true to our ethical values? How vulnerable can we dare to be amongst our colleagues... is it OK not to be OK? How do we offer congruence and authenticity to our clients, sharing of ourselves and our own learning without sharing too much personal information? What kind of role model do we present to our clients if our own benchmark of achievement is set so high?

We decided our conversation was worth sharing and hoped you can join us.



Resources for Participants



Free Online Library A to Z of Emotional Health

A FREE RESOURCE TO SUPPORT ALL ASPECTS OF
EMOTIONAL HEALTH & WELLNESS



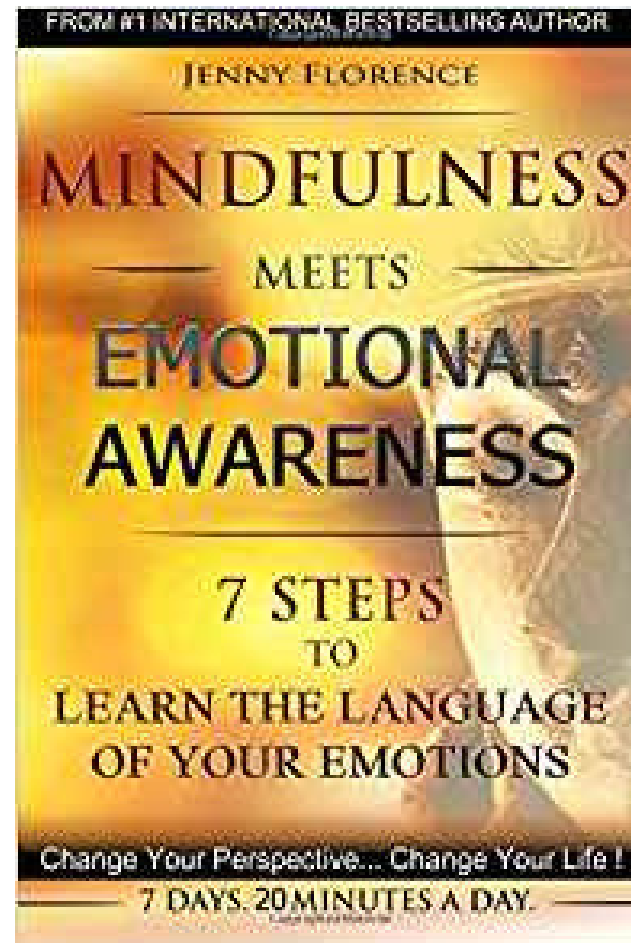
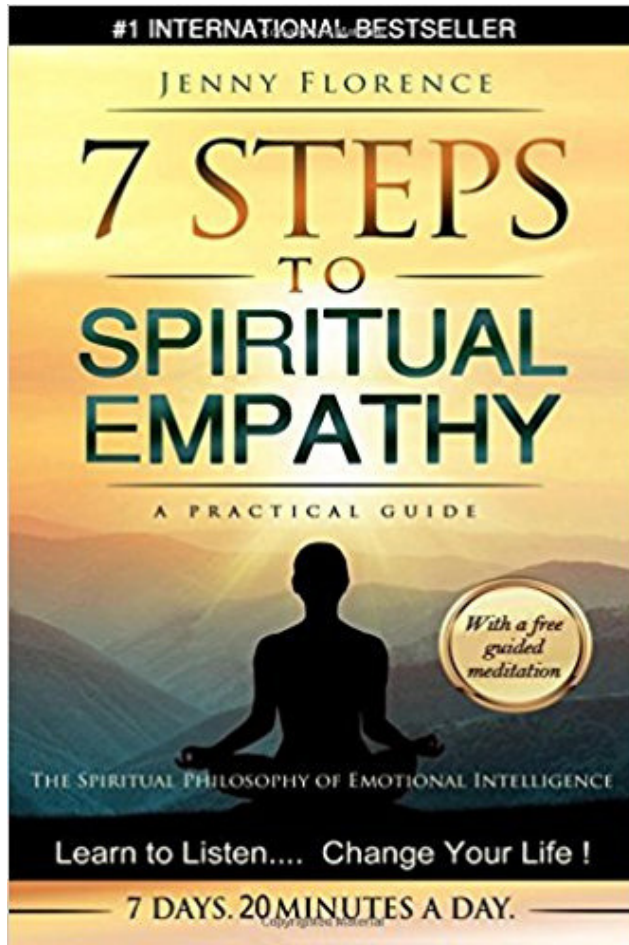
[VISIT A to Z of Emotional Health Online Library](#)



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Reading

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The A-Z of Emotional Health



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