FACING SHAME

An interactive exploration of the manifestations of shame in our modern world and the role of compassion as the antidote

Key Note Speakers

Prof Paul Gilbert OBE
Shame and compassion in society

Dr. Michelle Cree
Shame and mental health difficulties connected to having a baby

Dr. Mary Welford
Putting compassion firmly in the classroom

BCC and Kiakaha are proud to present a short film about ‘Facing Shame’ and meeting a more compassionate self

Spoken word performances, music, question & answer sessions and interactive discussion

Wednesday 6th April 2016 9.30am – 5pm
The Studio, Canon Street, Birmingham

For further information contact
kate@kiakahaservices.co.uk

£50
£40 early bird for bookings before 30th Jan
Two-course lunch and refreshments provided