

Discovering Self Empathy– with Gayathri Shukla

Times of unprecedented change can lead to emotional and mental burnout, especially for education workers. Learning how to authentically communicate while staying true to our convictions in high-stress times, is a critical skill. This workshop provides a safe space to take an intentional pause, reflect on your experiences around self-empathy, and apply your insights towards current challenges in a small group setting.

This interactive session is based on a method of storytelling called guided autobiography, which encompasses self-reflection, deep listening, and sharing supportive feedback. It is a unique way of acknowledging one own's strengths, while also being invited into the lives of others to strengthen relationships. Included as part of this workshop are thoughtfully-crafted practice scenarios, conversation prompts, and guided facilitation by Gayathri Shukla, a certified instructor in this method. Please note, prior writing experience is not necessary, and you may share only what you are comfortable within the group discussion. Come as you are to experience connection and community.

Gayathri Shukla is the founder of [Campfire Kinship](#), a social enterprise providing advisory, story-based training, and creative media to help teams foster an inclusive culture. She holds an electrical engineering degree from the University of Calgary and an MBA from Queen's University. She has over 17 years of engineering and leadership experience in the energy and mining sectors. Certified in an innovative method of storytelling called guided autobiography, Gayathri empowers individuals to cultivate their authentic voice and build empathy skills. She is author of the bestselling anthology [Landed: Transformative Stories of Canadian Immigrant Women](#), radio and podcast host of [Hearth 2 Heart](#), and co-creator of Telus TV docuseries, [unLikely Friends](#). Gayathri recently served as a Fellow for Economic and Financial inclusion at the Public Policy Forum, and was awarded the Queen Elizabeth II Platinum Jubilee Medal in recognition of her community leadership.

Location

The Career & Technology Centre (formally Lord Shaughnessy HS)
2336 53 Ave SW Calgary, AB T3E 1L2

Time/Date

Tuesday, December 5 2023
5:00pm – 7:00pm (dinner at 4:30pm)

Audience

Grades K – 12 Teachers & Administrators

Registration

Registration is limited to 50 participants.
This event has an attendance deposit of \$11.98 (including Eventbrite fees so \$10.00 +\$1.98). Attendance deposit will be refunded on verification of attendance.
Registration will open Sunday November 19 at 7:30pm on Eventbrite and is first come, first served.
Once the tickets sell out, Eventbrite will provide a waitlist option.
One ticket per participant. Please do not register for others.

Deadline

Friday Dec 1 at noon.

Register at: <https://DiscoveringSelfEmpathy.eventbrite.ca>

