


SELF-CARE FOR COACHES

Keith Hackwood



We would rather be ruined than changed
We would rather die in our dread
Than climb the cross of the moment
And let our illusions die.

W H Auden, The Age of Anxiety: A Baroque Eclogue



RESOURCES & TOOLS

- Big Five Aspect Scale
- Building A Compassionate Self-Image
- Harm Versus Nurture
- Patience Practice
- Compassionate Friend



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Giving & Taking or Sending & Receiving

Effortless Effort

Disidentification & Compassion

ANTONIO MACHADO (TRANS. ROBERT BLY)

The wind, one brilliant day, called
to my soul with an odour of jasmine.

'In return for the odour of my jasmine,
I'd like all the odour of your roses.'

'I have no roses; all of the flowers
in my garden are dead.'

'Well then, I'll take the withered petals
and the yellow leaves and the waters of the fountain.'

The wind left. And I wept. And I said to myself:
'What have you done with the garden that was entrusted
to you?'

THANK YOU
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