

INNER WORK SKILLS GROUP

Better understand your...

Thoughts

Physical
Sensations

Emotions

Patterns of
Responding

Learn through...

- Guided Activities
- Reflection
- Discussion



Build

- Curiosity
- Self-awareness,
- Self-compassion
- A stronger connection with yourself.

Led by

Benjamin Stocking, Ph.D.
bhs56@miami.edu

Thursdays

12:00 PM to 1:00 PM



UNIVERSITY OF MIAMI
COUNSELING CENTER