

# Educational Workshop for Health Practitioners: Self-care, Managing Stress, Avoiding Compassion Fatigue, and Burnout

**WHEN** Friday, November 3rd 2023  
8:30 AM - 11:30 AM

**WHERE** Online

**COST** Group discounts can apply



Scan for [more information](#)  
and [registration details](#)

Those who attend our Self-care, Managing Stress, Avoiding Compassion Fatigue, and Burnout workshop will learn:

- The reality of impacts of stress and secondary trauma in health care
- The importance of self-care
- The impact of stress on the nervous system
- How the human nervous system responds to stress and self-compassion
- Combating stress using cognitive and physiological strategies
- Strategies to identify symptoms of compassion fatigue
- Psychological capital, self-care, and burnout prevention
- Barriers and challenges to self-care and self-compassion

-Embedding these workshop learnings in everyday professional practice