

Reducing Compassion Fatigue — and Burnout

with
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Compassionate people may be profoundly affected by the suffering of others – and this is a beautiful and invaluable instinct – but it can come at a cost to your own energy and emotional and physical well-being. This training is designed to give you the tools you need to embrace your compassionate self without hitting compassion fatigue or damaging your health.

3-Part Virtual Series
MARCH 22
APRIL 18
MAY 23

All at
2:45pm-5:00pm

Register today!



<https://www.surveymonkey.com/r/EMendes22-23>

In this 3-part series
you'll learn:

- The science and research on burnout
- The role of emotional contagion
- How to overcome emotional exhaustion
- How to develop realistic optimism
- The ABC's of prevention
- The difference between Compassion Fatigue and Burnout
- How to move from cynicism to trust and satisfaction
- The keys to creating balance and connections
- How to set boundaries respectfully and maintain trusting relationships
- How to incorporate research-backed Mindfulness practices
- How to use the Think-Feel-Do-Connect brain systems for resiliency

