

COMPASSION RESILIENCE TRAINING OF FACILITATORS

Details:

August 17th & 18th

9 am - 4pm

**Rogers Behavioral Health -
Sheboygan**

1108 Wildwood Dr.

Sheboygan, WI 53081

Registration:

**\$800 for up to 5 people
or \$160 per person**

Email

**alison.wolf@rogersbh.org
to register**

***Join us after the training
on August 17th for a tour
of the clinic and light
refreshments!***



We want to show up strong and compassionate every day.

Compassion Fatigue is a normal response when we care about people in distress. Help yourself and your colleagues by learning the skills and supports to facilitate groups that build resilience.

The Compassion Resilience Toolkit is a flexibly implemented set of resources to build awareness of compassion fatigue and strategies to increase compassion resilience in adults from a system and individual perspective. Included in the 12 sections are activities for leaders and staff on realistic expectations, setting compassionate boundaries, building a culture of compassion, self-care strategies, and links to further learning.

The Training of Facilitators prepares you to bring the toolkit resources to your colleagues. Attend as a team to ideally include: one administrator/leader and 3-4 people who will facilitate with staff. The training looks at how to inspire culture change through the toolkit, and tips for implementing the toolkit resources.