

Compassion Fatigue Workshop

Date: Wednesday, 17 April 2019

Time: 9:30am – 12:30pm (3 hours)

Venue: Skylight Trust (Level 3, 5-7 Vivian Street, Wellington)

Cost: \$95.00

Compassion fatigue has been described as the 'cost of caring' for others. It is an occupational hazard, which means that almost everyone who empathises with their patients or clients will eventually develop it to some degree. This workshop explores compassion fatigue, its impacts, and better strategies to manage it so that you can be most resilient in your work.

This workshop will cover:

- Definitions of compassion fatigue and the differences between burnout, vicarious trauma, and secondary trauma
- How to recognize signs and symptoms of compassion fatigue
- Risk factors that trigger compassion fatigue in your practice or workplace

At the end of this workshop, participants will have a greater understanding of:

- Differences between compassion fatigue and other types of stress and trauma
- Practical tools and tips for managing compassion fatigue
- Self-care strategies for building resilience in your work

Facilitator: Gae Neill (LLB, ATCL)

Gae Neill has been a long-time member of Skylight's Training Faculty, specialising in workshops on change, loss, grief and resilience. She is a member of Skylight's advisory board for the Travellers programme, which supports young people to navigate difficult life challenges.

A former specialist family lawyer, she also works extensively with Youthline Wellington, having set up their Community Ongoing Education Programme. She has run workshops for youth in mainstream and alternative education and provided support for school counsellors working with young people at the coal face.



This workshop is aimed at professionals offering mental and emotional support to clients; including counsellors, clinicians, youth workers, school staff, teachers, and anyone in the social service sector.

Registration is essential. To register, please fill in the registration form below and send to pd@skylight.org.nz



P +64 (04) 939 6767 / 0800 299 100
A Level 3, 5-7 Vivian St, Te Aro, Wellington 6011
A PO Box 7309, Newtown, Wellington 6242
W Visit Skylight: skylight.org.nz

Compassion Fatigue Workshop Registration Form

Attendee(s) Information			
Full Name:			
Job Title:			
Email:			
Phone No:		Mobile:	
Invoice to: <i>(Registration confirmed once payment received)</i>			
Organisation:			
Email:			
Address/PO Box:			
City:		Postcode:	
Phone No:		Mobile:	

Workshops – Registration essential

17 April 2019	Compassion Fatigue Half-Day Workshop	Skylight Trust (Level 3, 5-7 Vivian Street, Wellington)	9:30am – 12:30pm	\$95.00	✓
---------------	---	---	---------------------	---------	---

Payment options: Tick box

Online banking: 06-0501-0788246-26 reference PD, date of workshop and your surname
e.g. PD 14 April Baxter

Invoice

Purchase Order Number:

Tick the box if you would like to receive updates regarding Skylight's other professional development workshops

Email to pd@skylight.org.nz or post to: Skylight, PO Box 7309, Newtown, Wellington 6242

Note: Refunds will not be issued. If cancellation is received within 7 days of the workshop, a credit will be issued LESS catering fees and a 25% administration fee.

The **right help** *at the* **right time** *in the* **right way**