

Building and Supporting Compassion Resilience

What is Compassion Resilience?

- The ability to maintain our physical, emotional and mental well-being (using energy productively) while compassionately identifying and addressing the stressors that are barriers to for those being served.
- Identifying and addressing the barriers to caregivers/parents and colleagues being able to effectively partner on behalf of children, and Identifying, preventing and minimizing compassion fatigue within ourselves.



Audience:

Early childhood collaborating partners-teachers, leaders, coordinators, coaches, para-professionals, parents, and other caregivers

Date: Thursday, April 5, 2018

Time: 9 a.m to 2:30 p.m

Place: CESA #9, 304 Kaphaem Road, Tomahawk, WI 54487

Cost: Free

Lunch is included - you must register to attend

Click here to register online by March 31, 2018: <http://bit.ly/2EP8Cma>

The morning workshop will allow participants to take part in activities from the free and readily available **Compassion Resilience Toolkit** as they explore the concept of compassion resilience and the impact that the tool kit can have on the work of their organization with children and families who face complex challenges.

Information, activities and resources for compassion fatigue will be shared.

The afternoon session will focus on stress management techniques and tips.

Presenters include: **Sue McKenzie**, Director, Rogers InHealth, Brown Deer, WI
Monica Wightman, DPI Project AWARE Coordinator
Carol Zabel, CESA #10, WISH Center, Western Region Coordinator



This training is sponsored by WI Early Childhood Collaborating Partners-Northern Region with space and administrative support by CESA #9.