

[Register here](#) for BHSS 2022 Pre-conference

Advancing Compassion Resilience: Cultivating Healthy School Environments



WHEN:

Wednesday, December 7, 2022 - In-person pre-conference session 12:30pm-3:30pm
\$50.00, includes lunch - available at 11:30am

WHERE:

- In-person— at Glacier Canyon Conference Center - Wilderness Resort in Wisconsin Dells

PRE-CONFERENCE PRESENTERS:

Sharon M Dossett, MBA, MSW, CAPSW (she/her/hers) is a Senior Training Specialist with Rogers Community Learning and Engagement and works privately as a Personal & Professional Development Consultant. She brings over 30 years of experience, 20+ in leadership, working with traditionally underserved, vulnerable populations in social service, legal, behavioral health and community settings. Sharon is also a certified senior facilitator, professional trainer, mentor, and coach. She works locally and abroad with culturally diverse youth and adults to promote civil dialogue, self-awareness, empathy, and authentic communication for better relationship building. Sharon has Bachelor's of Science degrees in Sociology and Psychology, a Master's degree in Social Work and an MBA.

Emily Jonesberg is the Training Coordinator with Rogers InHealth, the education and advocacy department of Rogers Behavior Health. In her role at Rogers, she leads trainings for leaders in the non-profit, education and healthcare sectors. Emily also facilitates programming for staff at Rogers Behavior Health and with parents in the community. Prior to her work at Rogers, Emily worked in a youth serving capacity for over thirteen years through various non-profits. During this time she also developed and delivered equity training with adults and youth. She has a Master of Social Work and is a Licensed Clinical Social Worker in the state of Missouri.

SESSION DESCRIPTION

Compassion resilience refers to the ability to maintain physical, emotional, and mental well-being while responding compassionately to the suffering of others. It requires the capacity to support another's recovery from challenges and traumatic events without losing one's own resilience. At the core, it is Social Emotional Learning for adults.

We will explore the concept of compassion and compassion resilience as a foundation for healthy cultures through an introduction to various strategies and activities. Participants will discuss and practice the material in full group activities, small group exercises, pair shares, journaling, and video discussion. Ideas for practical integration will be given.

This session will include a brief showcasing of the compassion resilience website and resource, including the new equity and trauma revisions.

Session Objectives:

- Understand what it means to act with compassion
- Identify what we can do, or do more of, within our locus of control to contribute to a positive school climate
- Maximize what makes us resilient as an individual, team and system [by growing awareness of what fatigues us and addressing those factors early].
- Set clear, realistic and aspirational expectations for ourselves and others for positive collegial engagement
- Set personal and team boundaries to support our ability to meet those expectations individually and collectively
- Create a sense of accountability in all team members for the cultivation of our healthy environment
- Put strategies into practice that build and maintain our individual well-being

FOR MORE INFORMATION, UPDATES, AND CONFERENCE REGISTRATION:

Visit <https://www.wishschools.org/resources/BHSS.cfm>.

**The Building the Heart of Successful Schools (BHSS) Conference
connects and inspires Wisconsin educators in order to serve every student.**

