

# Compassion Resilience Training of Facilitators

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. Participation in this training will provide you with the tools necessary to implement the Compassion Resilience Toolkit with your staff.



*This session is facilitated by DPI, Rogers Community Learning and Engagement and the WISH Center.*

## COMPASSION RESILIENCE Readiness and Commitment



01

You (and your team!) commit to strengthening a compassionate culture

02

You strongly consider engaging school administrators in the work of this toolkit

03

You agree to participate as a facilitator of supported practice sessions during training

04

Your team commits to attending the 12 hour training, and complete short pre-readings

05

You are willing to consider the work of implementation of the toolkit while you are learning



[WISHSCHOOLS.ORG](http://WISHSCHOOLS.ORG)

To learn more about Compassion Resilience and the support provided by the WISH Center visit <https://www.wishschools.org/resources/compassion-resilience.cfm> or contact your WISH Center Regional Coordinator



SCAN FOR TRAINING INFO

# Compassion Resilience Training of Facilitators

Trainings require a minimum number of participants. Please register early so we can plan accordingly.

## LEARNING FORMAT

### Online:

- Fall: 12 hours split between 4 sessions
- Winter: Eight 1.5 hour sessions
- Spring: 12 hours split between 4 sessions

### Pre-Work:

- Brief readings before each session
- Each participant will practice facilitating

## REGISTRATION

### Fall Online Training Series [70 participants max]

- Sept 26, 27, Oct 10 & 11 2023
- 9am-12pm via ZOOM

<https://login.myquickreg.com/register/event/event.cfm?eventid=33805>

### Winter Online Training Series [70 participants max]

- January 22, 24, 29, 31, February 5, 7, 12, & 14 2024
- 8:30-10am via ZOOM

<https://login.myquickreg.com/register/event/event.cfm?eventid=33809>

### Spring Online Training Series [70 participants max]

- April 9, 10, May 7 & 8, 2024
- 9am-12pm via ZOOM

<https://login.myquickreg.com/register/event/event.cfm?eventid=33810>

**CANCELLATION POLICY:** If cancellation is not received one week prior to the first date, the participant will be billed \$25 to cover the cost of financial obligations created by registration such as meals, room, materials, etc.

## REGISTRATION FEE

- FREE for all public school participants and community partners (CESAs, mental health providers) that are part of a school team implementing this toolkit.
- This training was made possible through funding support from WI DPI.

## COMPASSION RESILIENCE TRAINING OF FACILITATORS IS DESIGNED FOR:

- Classroom Teachers
- Student Services
- Administrators
- Deans of Students
- Implementation teams for school climate initiatives
- District level leadership including HR professionals

## QUESTIONS ABOUT THIS TRAINING?

- [Contact Your WISH Center Regional Coordinator](#)

"The ability to see some strategies shared, modeled, and discussed."  
-Participant, 2023

"This has been a phenomenal training, and I feel very inspired to help support my personal compassion resilience and colleagues."  
-Participant, 2023

**FOR REGISTRATION ASSISTANCE CONTACT:** Kalli Rasmussen, CESA #4, (608)786-4832, [krasmussen@cesa4.org](mailto:krasmussen@cesa4.org)

