Compassion Fatigue Workshop

Health Enabling for Listening Professionals™

An experiential workshop for those who witness others' stress or trauma

Recognize:

♦ Effects of listening to others’ pain
♦ Physical and emotional challenges of your work
♦ The toll this work takes on you

Learn to:

♦ Practice stress management techniques
♦ Experience meditation, aromatherapy, journaling & more
♦ Create a personalized self-care plan

Recapture your energy for working with the public!

Join us for a workshop exploring the effects of vicarious trauma and learning wellness strategies.

We offer customized workshops for groups of eight or more.

Includes: continental breakfast, interactive exercises, round-table discussions, a nutritious lunch and wellness gift bags.

Workshop Cost:
$150/person for an 8 hour workshop
$100/person for a 4 hour workshop
Limited scholarships available

For more information and to register email admin@traumahealth.org or call (303)860-0660