

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:

\$190/person for an 8 hour workshop
Limited scholarships available

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

