



CONNECTED, COMPASSIONATE AND RESILIENT

A HALF-DAY PROFESSIONAL WORKSHOP FROM



**STRATEGIES TO FOSTER COMPASSION AND SUSTAIN RESILIENCE
FOR OURSELVES, THE PEOPLE WE HELP, AND OUR ORGANIZATIONS**

Compassion matters for people in caring professions—not just for the people we support, but also for ourselves. In our personal lives, compassion is related to increased happiness, social connection, and well-being. At work, compassion increases job satisfaction, organizational commitment, and emotional engagement in daily activities.

Yet those of us in professions where compassion and empathy are most critical are at increased risk of compassion fatigue: physical and emotional exhaustion a result of consistent exposure to trauma. When ignored, compassion fatigue can affect mental and physical health, making us less effective in work and in our daily lives.

Presenter Rachel Howard will guide us in exploring the causes and symptoms of burnout and compassion fatigue. Learn strategies for building resilience and compassion for ourselves, the people we work with, and our organizations. We will discuss mindfulness, self-compassion, and emotional intelligence as leadership practices that create strong, resilient, and effective organizations. Join us to learn:

- How to recognize symptoms of trauma, burnout, and compassion fatigue
- A neurobiological and cognitive framework for understanding the impact of stress and trauma on our emotions and behavior
- What works: strategies to reduce symptoms and build resilience
- What organizations can do: leadership, culture, and social architecture to create compassionate workplaces

September 18, 2019

8:00am-12:00noon

Location: Saint Anne Church
1600 Mount Hope, Rochester, NY 14620

Fee: \$59/person. Conference materials and light breakfast provided.

REGISTRATION REQUIRED. Reserve your seat using registration form (page 2), online at www.starbridgeinc.org/events or by phone at 585-224-7248.

About the Presenter:

Rachel Howard, LMSW, ACC, is the principal at River House Consulting, LLC. Rachel brings her unique perspective and skills as an

International Coaching Federation (ICF) Certified Coach, seasoned nonprofit executive, and social worker to clients who want to build compassionate and sustainable organizations, as well as to individuals who want to be happier and more effective in their work.





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Register & pay online at www.starbridgeinc.org/events

OR complete this form and mail in. Deadline is September 16, 2019

REGISTRANT INFORMATION

Name: _____

School or Agency: _____

Street Address: _____

City: _____ Zip: _____

Daytime Phone: _____ E-Mail: _____

Registration confirmation will be sent via e-mail.

Special accommodations needed or dietary restrictions? Request by September 13th

REGISTRATION FEE

☐ \$59/person x _____ people **Total due** _____

If registering multiple attendees, please send names and contact information on additional page.

PAYMENT

Register and pay online at www.starbridgeinc.org/events

OR mark payment method below

☐ Purchase Order #: _____ OR ☐ Check #: _____ (*\$15 fee for all returned checks*)

Check/P.O. payable to Starbridge must accompany registration.

Send payment and registration to:

Starbridge, Attn: Jean Sciacchitano
1650 South Avenue, Ste 200
Rochester, NY 14620

OR fax to (585) 224-7194

Questions? Call (585) 224-7248