

Looking at Loss and Grief

Professional Development Training by The Grief Centre

When Helping Others Hurts

23rd May 2019 - Christchurch

Presented by Tricia Hendry

For professionals whose roles involve supporting others through tough life situations. Learn about the hidden, unspoken costs of helping others, and practical strategies to manage and prevent exhaustion, burnout, second hand trauma/grief and compassion fatigue in ways that will work for you.

This workshop will help participants to:

- Better understand the nature and dynamics of workplace burnout, vicarious trauma, and compassion fatigue, including their contributing factors.
- Consider the possible consequences of these – personally, professionally and organisationally.
- Assess their current levels of vulnerability to burnout, vicarious trauma, and compassion fatigue.
- Consider the well-being of their team and colleagues, and their relationships with them.
- Understand the key differences between organisational and individual responsibilities when managing costs to well-being.
- Learn the indicators to look for and develop a personal early warning system.
- Use effective workplace and personal strategies to reduce risk, including a personalised self-care plan.
- Activate a recovery plan if it should be needed personally, or to support a colleague.
- Enhance resilience and develop in their role.

Further Information

- Date:** Thursday 23rd May 2019
Time: 9.30am - 1pm
Venue: Christchurch Community House, 301 Tuam Street,
Christchurch Central, Christchurch 8011
Cost: \$95 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Transformative support through loss and grief