

# 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

