



## **Compassion in Balance:**

### **Practices to Support Animal Caregivers in High Stress, Trauma Exposed Work**

#### **Full Day Workshop (6 hours)**

#### **Workshop Description:**

Compassion Fatigue is the natural consequence of stress resulting from caring for and helping traumatized or suffering people or animals. It is an occupational hazard for animal care professionals and volunteers. When not understood or managed properly, Compassion Fatigue can have a serious impact on employee wellbeing and performance in the workplace.

Help give your staff the tools they need to succeed in this challenging work, increase employee retention, and break down barriers to positive changes by creating a healthy, stress-resilient workplace.

This workshop has four parts which address various aspects of employee wellbeing:

**Mind:** Understand what compassion fatigue is, symptoms, and contributing factors.

**Body:** Learn stress management techniques to reduce reactivity and overwhelm.

**Heart:** Incorporate self-care, including self-compassion, to increase resilience and cope with challenges.

**Team:** Reconnect with the positive aspects of the work and ways to support one another.

#### **Objectives:**

- Become familiar with compassion fatigue concepts, symptoms, and contributing factors
- Identify individual levels of CF and burnout through personal assessment
- Understand the stress response and practice various stress management techniques
- Enhance resiliency through developing self-care practices and healthy coping skills
- Increase compassion satisfaction by building more positive, supportive relationships with coworkers

#### **Cost:**

Please contact me for a quote [jessica@jessicadolce.com](mailto:jessica@jessicadolce.com)

Cost typically includes needs assessment, all travel expenses, workshop materials, and free enrollment in my online self-study course, Compassion in Balance, for up to five employees.

**My Bio:** Jessica Dolce is a Certified Compassion Fatigue Educator via the Green Cross of Traumatology, receiving her training through The Figley Institute and Tend Academy. She helps animal care and welfare professionals to navigate compassion fatigue and cultivate resilience, so that they can make a positive impact for animals and create a life that they truly enjoy.

Jessica brings more than fifteen years of experience working with and for companion animals to her online classes, workshops, and coaching. She is an adjunct faculty member at The Maddie's® Shelter Medicine Program at the University of Florida and has worked with organizations such as the ASPCA, Maine Medical Center, and the International Association of Animal Behavior Consultants. Her project, Dogs In Need Of Space, provides practical, emotional support to dog owners and animal care professionals around the world.

Jessica earned her Master of Science in Adult and Higher Education degree from the University of Southern Maine and holds certificates in stress management, mindfulness facilitation, and positive psychology coaching. She can be found hanging out in libraries under piles of books, walking naughty dogs in the dark, and online at [jessicadolce.com](https://jessicadolce.com)

#### **Additional Compassion Fatigue Education Options:**

Private Group Webinar: Compassion Fatigue 101 is a 90 minute webinar for organizations. Assessments, team discussion prompts, and handouts provided. Cost: \$249

Self-Study Course: Compassion in Balance is an in-depth 6 module self-study online course that comes with a 50 page workbook and certificate of completion. \$49 per person. Discounted team registrations are available.

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