



# Compassion Fatigue

# Awareness

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: Compassion fatigue is mostly experienced in health care and public facing roles such as nursing, police, paramedics, non-profits, lawyers, teachers, social workers, fire fighters and customer service.

Prolonged exposure to traumatic, critical, high stress situations is a main cause of compassion fatigue - mostly experienced in healthcare, emergency services and community care facing roles.

It is important for employees to be aware of preventive measures to stay mentally well.

This seminar shares knowledge on this topic, including spotting the signs, and self care tips to stay resilient.

Content includes:

- What is Compassion Fatigue / Secondary traumatic stress
- Spotting the signs
- Self-preservation tips to prevent/cope with compassion fatigue

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*