

# Self-Care & Compassionate Workplaces Workshop

Health  
@Work NI

*Supporting Workplaces*



- Are you a manager/team leader or supervisor?**
- Does your organisation have a compassionate culture?**
- Do you practice self-care?**
- What difference will this make to your business?**

Within our workplaces, both our professional and personal experiences impact on our work.

Understanding and knowing how to support colleagues, particularly with stress and emotional distress can improve their professional quality of life.

By creating a workplace where compassion is part of the culture, we can build a more resilient workforce, which in turn improves our productivity and effectiveness.

## **This half day session aims to:**

- 1.** Define a culture of compassion
- 2.** Introduce strategies to build resilience and compassion personally and within your organisation
- 3.** Define compassion fatigue v's compassion satisfaction
- 4.** Describe the importance of and identify ways to practice self-care

**Date:** 7th April 2020

**Time:** 9.30am – 12.30pm

**Venue:** City Hotel Derry/Londonderry

**Cost:** £55 per person

To register complete the booking form and email to [sabrina@dhcni.com](mailto:sabrina@dhcni.com)