

Beyond Burnt Out:

A Session for Leaders on Supporting Healthcare Workers and Teams

Working in healthcare during the pandemic has exposed us to a seemingly never-ending stream of grief, loss, and trauma. It's also pushed many healthcare workers and leaders to draw upon - and ultimately deplete - our reserves of energy, compassion, and coping strategies.

This session will explore how ongoing exposure to compassion fatigue, trauma, grief and loss can impact us and the people we support, identify strategies for promoting wellbeing and resilience among healthcare workers and teams, and provide space to reflect on and process complex emotions.

Presenter: Erin Beckwell, MSW RSW (SK)

Join via WebEx:

October 26
2-3pm

Join meeting

For more information contact Mary Heilman
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St. Paul's Hospital