



COMPASSION RESILIENCE TRAINING OF FACILITATORS

We want to show up strong and compassionate every day

Compassion Fatigue is a normal response when we care about people in distress. Help yourself and your colleagues by learning the skills and supports to facilitate groups that build resilience.

The Compassion Resilience Toolkit is a flexibly implemented set of resources to build awareness of compassion fatigue and strategies to increase compassion resilience in adults from a system and individual perspective. The resources include activities for large group, small group or team-based use as well as for individual reflection. Included in the 12 sections are activities for leaders and staff on realistic expectations, setting compassionate boundaries, building a culture of compassion, self-care strategies, and links to further learning.

The Training of Facilitators prepares you to bring the toolkit resources to your colleagues. This training is offered as four 3-hour virtual components for a total of 12 hours. **Attend as a team to ideally include: one school administrator and 3-4 people who will facilitate with staff.** The training includes clarification of leadership roles, rationale for the work, a look at how to inspire culture change through the toolkit, and tips for implementing the toolkit resources matched to the realities of your current organizational commitments and goals.

To learn more about the Compassion Resilience Toolkit and view a [15-minute overview video](#) and visit www.CompassionResilienceToolkit.org.

This training is being offered through Rogers Behavioral Health/Rogers InHealth
www.RogersInHealth.org www.Rogersbh.org

FREE Virtual Training Dates (must attend all of them):

Part 1, Day 1 – October 12, 2021 from 9am – 12pm EDT

Part 1, Day 2 – October 13, 2021 from 9am – 12pm EDT

Part 2, Day 1 – November 30, 2021 from 9am – 12pm EDT

Part 2, Day 2 – December 1, 2021 from 9am – 12pm EDT

In addition to committing to the above training dates, **teams must consist of at least three people**, preferably five. Teams must also **commit to beginning implementation of the toolkit** prior to the Part 2, Day 1 training.

Please register the entire team via this link:

<https://www.research.net/r/JBZG558>

For more information, contact:

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