

# WOMEN IN EDUCATION (WE) NETWORK SEPTEMBER 30, 2021

## COMPASSION FATIGUE: WHEN THE DISTRESS OF OTHERS BECOMES CONTAGIOUS

Compassion fatigue is a state of physical and emotional exhaustion often coupled with increased cynicism and feelings of professional ineffectiveness. It happens slowly over time when helping professionals are exposed to the traumatic stories of their clients or students. Education about compassion fatigue is a protective factor and early detection can prevent symptoms from reaching incapacitating levels. Participants in this workshop will explore the signs and symptoms of the onset of compassion fatigue and will learn about prevention techniques and self-care strategies.

### PRESENTER: AMY MORITZ

Amy began her career in education as a school counselor but, in recent years, transitioned from working directly with students to providing services to professionals who support those students. In 2019, Amy launched Moritz Consulting. She offers professional development, consulting/coaching services and business development support to educational institutions. Her areas of expertise include social and emotional learning / emotional intelligence, school climate improvement and strategic school transformation.

#### VIRTUAL TIME

8:30 - 10:30 AM

#### COST

\$20.00 per person

### REGISTRATION

[www.escneo.org](http://www.escneo.org) or [Click HERE](#)

### REGISTRATION ASSISTANCE

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