

# Self-Care for Health and Helping Professionals

**Learn fresh approaches to self-care and find new joy in making a difference.**

**Facilitated by: Lynda Monk, MSW, RSW, CPCC**

## **Burnout Prevention: Understanding Vicarious Trauma and Compassion Fatigue**

Discover how to balance caring for yourself with caring for others to thrive personally and professionally. Learn ways to enhance resiliency, reduce stress, and stay healthy while mitigating the risk of burnout, vicarious trauma, and compassion fatigue. No online learning experience is required.

100% online, Jul 18-Aug 14 or Oct 24-Nov 20; \$395

## **Journaling for Self-Care and Wellness**

Take steps to care for yourself with this informative and inspiring approach for wellness and renewal. Expressive writing and reflective journaling have proven health benefits and are a nourishing way to slow down, engage in mindfulness and increase self-awareness.

100% online, Oct 17-Nov 13; \$395

## **Facilitator:**

LYNDA MONK has over 24 years of combined experience as a social worker, life coach, trainer, speaker, and consultant in the areas of burnout prevention, vicarious trauma, compassion fatigue, writing to heal, resiliency, and change management.



***“Today, I focus on a simple truth:  
To be kind to another, I need to be  
kind to myself.”***

- Gail Straub

**Save 15% on registration when three or more people from the same organization register for the same course.**

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