

# PHEW, I WASN'T CERTAIN I WAS GOING TO MAKE IT

Did you feel like you were on an  
emotional rollercoaster ride  
during COVID-19?



*Covid-19 left many in the helping fields feeling **compassion fatigue** & **burnout**!* Professionals face trauma exposure not only from the communities they serve, but also their own uncertainties and hardships caused by the pandemic.

**MONDAY, MAY 15TH**  
**GENEVA COLLEGE**  
**NORTHWOOD HALL**  

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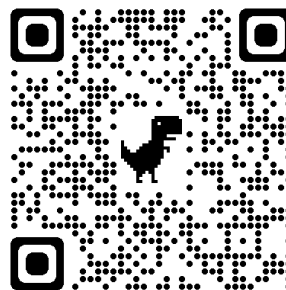
**9:30 - 11:30 AM**

## This workshop will help you:

- Understand dimensions of burnout, compassion fatigue, and vicarious trauma
- Plan for your own mental well-being
- Develop personal and leadership skills to positively impact others
- Design a personal action plan focused on wellness



**Kym Laube,**  
**Featured**  
**Speaker**



**Scan here  
to register.  
Space is  
limited!**

