

Surviving or Thriving:

Maintaining Professional Wellness While Navigating Workplace Trauma & Stress

Today's workplaces are often full of situations that require us to navigate high levels of stress/trauma while simultaneously fostering our own **social emotional wellness and resilience**. This class will address the direct connection between **workplace success** and the practice of **professional wellness**. Participants will reflect on current methods for **coping with career stress and the potential compassion fatigue** that results from continuously navigating workplace trauma(s). They will reflect on their own social emotional competence, explore comprehensive areas of professional wellness and learn multiple strategies to create an individualized self-care plan to grow their professional resilience and personal wellness.

May 30, 2019
9 AM - 12 PM

at ESD 123
Cascade Rooms 2 & 3

Register for FREE at
www.esd123.org/learn

3 available clock hours



Questions?

Contact Anna Ramirez at aramirez@esd123.org or 509.544.5766

ESD 123 | 3924 W Court St. | Pasco, WA 99301 | PH: 509.547.8441 | www.esd123.org

Participants will:

- Understand how coping with high levels of stress/trauma have the potential to result in compassion fatigue.
- Explore the characteristics of adult social emotional competence and professional resilience.
- Learn the eight comprehensive areas of professional wellness and create an individualized self-care plan.

