



Self-Care Workshop

Facilitated by Zest

Course Content:

1. Why do we care about others? (small group and plenary feedback)
2. What is Compassion: how it works, how it affects us, how do we nurture it?
3. Self-compassion.
4. Why Self-care?
 - Distress
 - Burnout
 - 'Vicarious traumatization'
 - Impaired professional competence
5. What is Stress?
 - Personal factors
 - Work factors
6. Stress Management: What, Why and How
7. Relaxation techniques and practice session
8. Self-care questionnaire and personal plan development

Learning outcomes:

By the end of the workshop participants will have:

- Examined and discussed the concepts of caring, compassion and self-care
- Examined and discussed the nature of stress and anxiety and its impact on the caregiver and client
- Practiced various types of physical relaxation and stress management techniques
- Considered their current self-care practice and developed a personal plan for self-care moving forward

For further information on training please contact:

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Places are limited to 4 per organisation for this training. Age restrictions apply. Full attendance is essential. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.