



STONE ARCH CENTRE

‘Approaching Work with Ease’

A day of Restoration and Renewal for those in the Helping and Caring Professions

Stand back and reflect on the challenges of work and its impact on your wellbeing. This day will have particular focus on self-care; addressing and prevention of compassion fatigue and burnout.

Suitable for teachers, adult education facilitators, nurses, health care professions, community workers and anyone involved in frontline work.



Friday September 11th 2015

Time: 9.30 - 4.30 Cost: €90

Take some time out to reflect on your relationship with work
Explore a more sustainable work life balance
An experiential and process approach where work related issues can be explored in a small confidential group.

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