

Identifying Compassion Fatigue and Burnout: Self-Care for Teachers

Participants will gain an understanding of the potential causes and signs of compassion fatigue and burn out, and the importance of self-care.

Goals: Identify the potential causes of burn out, the importance of self-care, and strategies for completing a self-care plan.

1

**Participants
&
Prerequisites**

2

Delivery

3

**Follow-Up
Supports**

Audience:

* **Campus Staff**

Prerequisites:

* **None**

CPE Credit: None

One Hour Session

* **Assistance with resources**