

compassion resilience for Schools training of Facilitators

**Part 1: November 9th and November 10th 9:00am – 12:00pm EST (virtual)**

**Part 2: December 7th and December 8th 9:00am – 12:00pm EST (virtual)**

**Registration** <https://www.research.net/r/GBKLXDZ>

**We want to show up strong and compassionate every day**

*Compassion Fatigue is a normal response when we care about people in distress. Help yourself and your colleagues by learning the skills and supports to facilitate groups that build resilience.*

**The** [**Compassion Resilience Toolkit for Schools**](https://compassionresiliencetoolkit.org)is a flexibly implemented set of evidence-informed resources to build awareness of compassion fatigue and strategies to increase compassion resilience in adults from a system and individual perspective. The resources include activities for large group, small group or team-based use as well as for individual reflection. Included in the 12 sections are activities for leaders and staff on realistic expectations, setting compassionate boundaries, building a workplace culture of compassion, self-care strategies, and links to further learning.

**The Training of Facilitators** prepares you to bring the toolkit resources to your colleagues. This training is offered as four 3-hour virtual components for a total of 12 hours. **Attend as a school team to ideally include: one administrator and 3-4 people who will facilitate with staff.** The training includes clarification of leadership roles, rationale for the work, a look at how to inspire culture change through the toolkit, and tips for implementing the toolkit resources matched to the realities of your current organizational commitments and goals.

**To learn more about the Compassion Resilience Toolkit for Schools**

**visit** [**www.CompassionResilienceToolkit.org**](http://www.CompassionResilienceToolkit.org)**.**

**For more information, contact:**

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**This training is being offered through Kentucky Department of Education**

**and** [**Rogers Behavioral Health**](https://rogersinhealth.org/)