OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our “90 Minute” leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

“The Neuroscience of High Performance – Compassion Fatigue”

The pandemic has been time of unprecedented challenges and demands on all of us in different ways. Given that our professions in Health and Social Care predispose us to high levels of Compassion for our patients, families and colleagues, it may also predispose us to a particular stress reaction known as Compassion Fatigue.

Recognising that this is a specific reaction that people in our services can go through, that it may be a normal consequence of the care and compassion we show to others means we can help ourselves and each other through the process. We can explore what are the triggers, what are the symptoms and what can we do about it?

The objective of this webinar is to better understand “Compassion Fatigue”, what it is, who can be vulnerable, and what we can do to recharge ourselves.

Speaker:
Dr Terri Hunter

Date:
Thursday 16th September 2021

Time:
8.30am – 9.15am

Register for the session – https://link.webropol.com/ep/onlineCompassionFatigueSeptember2021