

Sustaining Compassion: Strategies for Managing Secondary Trauma and Self-Care

Brand: Heartbeat Academy
Product Code: 1146

Price: \$14.95

Short Description

This workshop equips professionals with practical strategies to recognize and manage secondary trauma. Attendees will learn self-care techniques and explore how to cultivate a supportive work environment that prioritizes well-being and prevents burnout.

Presented by Stacey Chik

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