



## SELF-CARE IN CONFERENCE AND EDUCATION SETTINGS

01.

### Why It's Important

Professional development opportunities such as conferences and training are valuable, but they can also be overwhelming. Long days filled with back-to-back sessions, intense learning, and the pressure to network can quickly lead to mental fatigue. Without intentional self-care strategies, these events can drain your energy instead of inspiring growth. Taking time to pace yourself ensures you leave feeling refreshed, not exhausted, and able to integrate what you've learned into your practice.

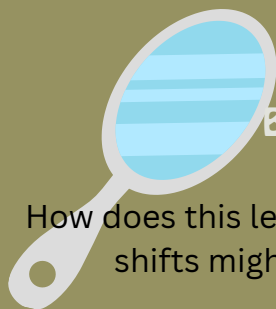
### Our Stance

We advocate for learning environments we want to be in! That means at EMPATHETICA we create learning environments that model healthy practices, not glorify overwork. Conferences and training should include space for wellbeing, practicing and pacing strategies.

**Supervision is self-care** and post learning sustainability as supervision creates opportunity to:

- Discuss conference goals and stressors in supervision.
- Use supervision post-event to process learnings and emotional impact.
- Supervisors can help translate new knowledge into sustainable practice.

02.



### REFLECTION PROMPTS TO BRING LEARNING INTO SUPERVISION

How does this learning challenge or affirm my current practice, and what shifts might it create in how I work with clients or colleagues?

What barriers or enablers exist for applying this learning in my workplace, and how can supervision support me to overcome challenges?

How does this learning connect to ethical practice and client outcomes, and what steps can I take to integrate it responsibly?

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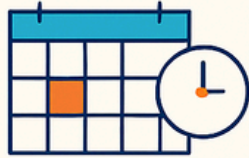
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## SELF-CARE IN CONFERENCE AND EDUCATION SETTINGS

### Self-Care Strategies for Conferences & Training



#### Schedule Breaks

Schedule downtime between sessions.



#### Mindful Networking

Engage meaningfully, not excessively.



#### Digital Boundaries

Limit after-hours emails and notifications during the event



#### Reflective Journaling

Capture insights without cognitive overload



#### Stay Hydrated and Nourished



#### Move Between Sessions

Focus on take a short walk



#### Find a Quiet Space

Locate a calm corner to decompress

