

With
Carolyn
Cleveland

Be Human model- Developing Emotional Resilience to Guard Against Compassion Fatigue

Duration: Half or Full Day
**Format: Face to Face or
Online**



Overview:

Compassionately support staff to recognise their empathy, secondary trauma and their own well-being, to develop emotional resilience to guard against compassion fatigue and enhance their outlook with themselves and life.

Owing to the success of the original BE HUMAN Model, the following resilience, well-being and development training day has been designed for staff to further gain understanding of their existing empathic abilities when facing adversity. With focus on the importance of self compassion and positive psychology to develop emotional resilience and guard against compassion fatigue.

Drawing on the BE HUMAN Model and honest, real content from Carolyn, this development training day supports staff to explore facing adversity, challenging emotions, to help protect against the impact on secondary trauma. Those attending will gain confidence in building connectivity with their own emotions, colleagues and those using their services. They will develop insight and skills to reframe personal challenging thoughts to build resilience and positivity, putting their wellbeing at the heart of the training.

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Training made easy

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Who will Benefit?

Training to support professionals to feel, recognise and understand the importance of authentic empathy, but how self compassion, positive psychology and emotional awareness is key to long term empathically focused work, their own personal resilience, self care, and guarding against compassion fatigue.

Key Learning Outcomes:

- Understand, feel, analyse and explore the presence and absence of emotional awareness, secondary trauma, and learning the importance of being able to understand different emotional experiences/trauma, managing adversity and recognising vulnerability and what resilience really is. The importance of personal boundaries when working empathically.
- Learn how the 'funnel of life' can impact on our resilience, and how our emotions influence us, and impact on others.
- Seeing perspectives, the fuller picture, and understanding emotional motivations within behaviour and how easily we all see things differently and have our own narrative about life and our optimum self.
- Recognise and identify secondary trauma and understand the difference between secondary traumatic stress and burnout.
- Develop self care, managing adversity, recognising the importance of how identifying our emotions and thoughts and expressing them, supports us.
- Along with the vital importance of laughter.

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