

## Compassion Awareness



This study session will provide an opportunity for us all to work together to consider how we can realistically nurture the importance of 'compassion' in the care that we deliver, given the situations we work in.

The session will:

- Explain the characteristics of compassionate care
- Describe the importance of compassion in practice
- Identify examples of compassionate care
- Describe compassion fatigue in yourself and others
- Discuss approaches to proactively manage stress in the workplace

**Time: 9.30am - 12.30pm**

**Date: Thursday 4<sup>th</sup> July 2019**

**Who should attend: all levels of health and social care staff such as social workers, doctors, nurses, health care assistants, porters, receptionists, volunteers, care workers and anyone who may come into contact with patients and their relatives or carers.**

**Cost: £40. Please contact us if you are interested; we may have an agreement with your employer for payment.**

To book your place or  
for further information  
please contact the  
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