



Amanda Rocheleau BSW, MSW, RSW

**Registered Social Worker
Compassion Fatigue Specialist
Public Speaker/ Educator**

Transforming Compassion Fatigue:

Practices for Replenishing our Compassionate Energy

DESCRIPTION:

“Helpers” (whether a parent, caregiver, volunteer or professional) provide all kinds of different support but their common ground is that they all offer compassion so generously.

Yet, being a helper can be very demanding and difficult which can cause emotional distress and compassion fatigue. It is totally natural but there are ways that helpers can improve stress resiliency and revitalize compassion through self-care.

This workshop will offer strategies to recognize compassion fatigue and develop sustainable self-care commitments that can transform compassion fatigue into compassion satisfaction.

OBJECTIVES:

- Describe compassion fatigue and empathy-based stress
- Identify warning signs of compassion fatigue
- Introduce compassion fatigue assessment and evaluation tools
- Provide strategies for enhancing compassion satisfaction

Amanda Rocheleau is a Registered Social Worker in Ontario and a certified Compassion Fatigue Specialist with over 15 years of experience. Her private practice is based out of Ottawa, where she offers counselling and consulting services while specializing in supporting helping professionals prevent and recover from stress related issues as a result of their caregiving roles. Amanda has been featured as a speaker and trainer for over 500 professional and conference groups. Using an experiential based delivery approach, Amanda applies wellness concepts to "real life" work and personal situations. She teaches self-enhancing tools and strategies that can improve collective and individual health.

Website

www.AmandaRocheleau.com

Email

info@amandarocheleau.com

Phone

613-866-1295

Address

14 Bayswater Avenue
Ottawa, Ontario K1Y 2E4

[@CompassionFatigueTherapy](#)