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**Registered Social Worker
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Public Speaker/ Educator**

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.

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Burnout to Balance: Strategies for Completing the Stress Cycle

DESCRIPTION:

Helping professionals can easily feel overwhelmed and exhausted as a result of the stress they experience from juggling complex work and demanding personal lives. This chronic stress is a fast track to burnout which can be debilitating and very painful.

This workshop focuses on revealing the real experience of stress and burnout for helpers while introducing fundamental daily practices that we can all do to help process our stress in order to prevent burnout.

OBJECTIVES:

- Develop a deeper understanding of stress and burnout
- Create an understanding of our physiological reactions to stress and the warning signs for burnout
- Introduce practical strategies for completing the stress cycle and reducing the risk of burnout