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The Mindful Way to Self-Care: Daily Self-Care Practices for Busy Helpers

DESCRIPTION:

Self-care is so much more than pampering yourself. This workshop introduces a definition for self-care that connects with the root of the meaning "to care for oneself" and offers wellness strategies that can help sustain us even when there isn't a lot of time or energy.

Through enhancing self-awareness and cultivating self-compassion, we will learn how to discover our needs and desires so that we can live a life in a way that honours them.

OBJECTIVES AND OUTCOMES:

- Re-define self-care as a way of being (instead of a task on a to-do list)
- Introduce mindful self-awareness practices to discover personal needs
- Provide strategies to cultivate self-compassion to enhance overall well-being

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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