

Going Beyond Compassion Fatigue

Certified Compassion Fatigue Specialist Julie Squires reviews compassion fatigue, its impact on the individual and the practice, and how to build resilience in veterinary medicine.

Speaker Bio:

Julie Squires is a Certified Compassion Fatigue Specialist and Certified Life Coach who brings a unique perspective and approach to support the sustained energy and passion of those exposed to the highly stressful and traumatic environment of veterinary medicine. Julie has over twenty-five years of experience within veterinary industry leading organizations developing and executing training, workshops, and 1:1 coaching, most notably for Nestlé Purina, Bayer Animal Health, and IDEXX Laboratories. She is a Certified Compassion Fatigue Specialist through the Traumatology Institute. Her company, Rekindle LLC, offers on-site seminars, workshops, online courses, private coaching, and the Rekindling podcast and is the result of the need Julie saw to help those that work with animals maintain their wellbeing and mental health. Julie lives in New York's Hudson Valley with her husband John, pugs Ernie & Mabel, and Gregg & Duane, their two cats.

Learning Objectives:

1. Understand what compassion fatigue is.
2. Be able to recognize the signs and symptoms of compassion fatigue
3. Understand resilience and how to be more resilient
4. Understand how to shift to a positive mindset
5. Understand self-care and why we need it
6. Recognize the importance of emotional responsibility and self-compassion

Agenda:

- Understanding compassion fatigue(CF) and secondary trauma
- The difference between CF and burnout
- Signs and symptoms of CF
- What is compassion satisfaction?
- Characteristics of resilient people
- How to be more resilient
- How to adopt a positive mindset
- What self-care is and why we need it
- 5 aspects of self-care
- What it means to take emotional responsibility
- How to have self-compassion
- What's your why?