

# Compassion Fatigue: Self-Care Solutions for Ministry Workers

**Brand:** Heartbeat Academy  
**Product Code:** 1043

**Price: \$12.95**

## Short Description

Presented by Lisa Kimrey, RN, BSN, MBA

*Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1 contact hour.*

## Description

This webinar provides crucial insights and practical self-care strategies to help combat compassion fatigue and burnout.

Objectives:

1. Identify Signs of Compassion Fatigue: How to recognize early symptoms to enable timely support.
2. Implement Effective Self-Care Strategies: How to use practical techniques tailored to ministry challenges.
3. Promote a Balanced Approach to Service and Wellbeing: How to maintain

harmony between caregiving duties and personal health.

4. Strengthen Support Networks: How to strengthen and sustain relationships for support during challenging times.

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