## 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.

Presented by Lisa Kimrey, RN, BSN, MBA

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

Course published in 2024