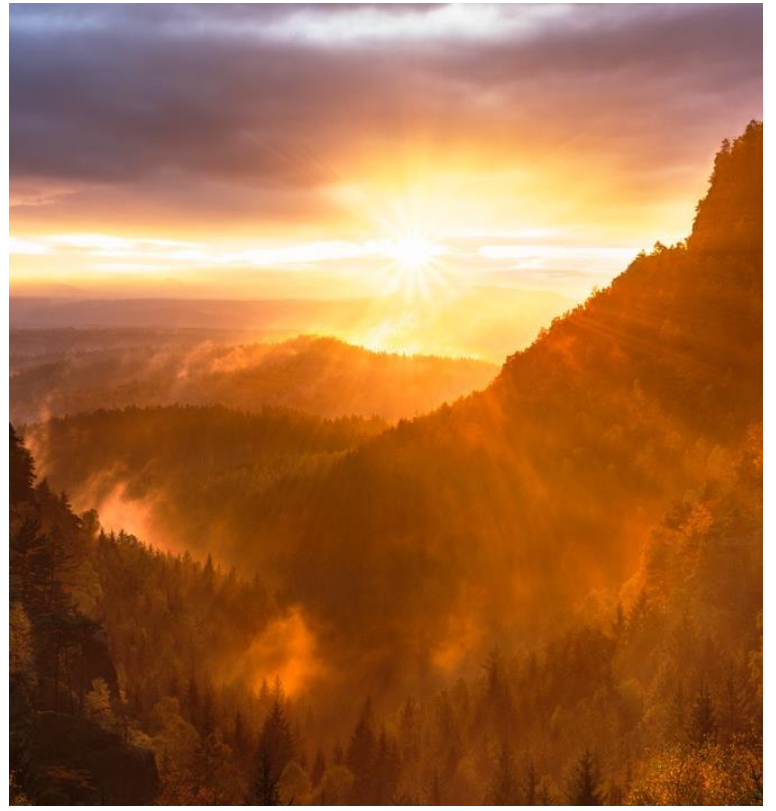


RENEW!

UNDERSTAND,  
PREVENT AND TREAT  
COMPASSION  
FATIGUE AND  
BURNOUT



**Meeting Frontline Heroes Where They Are**

The realities of a global pandemic have placed enormous burdens on our communities' systems. The heroes of our healthcare systems, public health offices and community health centers have been tasked with rising to unimaginable challenges. The effects of this ongoing crisis response have taken a great toll on our physical, emotional, and mental well-being. We need to understand what is happening to us, recharge, reorient and build resilience so that we can continue with the profound work ahead.

In this day-long, experiential workshop we will:

- Understand the neuroscience of the stress response and compassion fatigue (secondary trauma and burnout).
- Validate and normalize our experiences.
- Learn practical, evidence-based skills to help us build resilience to ongoing stressors through the five "antibodies": Connection/Support, Self-Regulation, Self-Validation, Self-Care and Intentionality.
- Identify personal goals and intentions and create individualized action plans for implementation.
- Find ongoing support, connection, empowerment, and a sense of renewed purpose for the road ahead!

**Journeys Consulting**

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Lynette Rodi is a licensed behavioral health therapist, a Certified Compassion Fatigue Professional, and a Certified Resilience Coach. She has worked in the behavioral health field for 25 years. She currently works nationally as a Behavioral Health Consultant to businesses and organizations as diverse as small non-profits to a Fortune 200 company supporting employee well-being. Lynette offers trainings, workshops, and organizational/individual consulting/coaching in the areas of Compassion Fatigue, Building Resilience to Workplace Burnout, and Mindful Leadership. Lynette is based in Bozeman, Montana.

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Research shows the detrimental effects of secondary trauma and burnout on helping and healing professionals. When we devote our lives to supporting others, whether in our personal or professional roles, we inevitably experience the difficulties that lie therein.

There is hope!