

# THE BALANCING ACT

## *Caring for others and yourself*



This workshop will help you learn how to invest in your own health & wellbeing so you can continue to deliver excellence in caring. The challenge is recognising when you are running on empty or low in reserves, then giving yourself permission to & know how to give back using & energizing practice.



### What's covered:

- The signs of compassion fatigue
- Becoming aware of your own levels of well-being
- Learning strategies that can help you replenish and refuel your energy and regain your sense of balance/equilibrium
- Adopt an energizing practice: putting the strategies into a self-care action plan.

### When:

Monday  
30 March 2020  
1:00 pm to 4:00 pm

### Where:

The Carrington Centre  
2 Carrington Square  
Campsie NSW 2194

### Cost:

Free for CHSP volunteers  
\$50 for staff

**Facilitator:** Danni Meredith has enjoyed a variety of training and educational roles within the Vocational Education and Not for Profit sectors since 2004. Prior to this Danni worked as a Nurse Educator throughout the South Eastern Sydney Area Health Service. Danni holds a Certificate IV in Training and Assessment (TAE40110), a Masters in Education of Adult Education and is an accredited Mental Health First Aid & Older Person Mental Health First Aid Trainer.

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Bookings and enquires **9750 9344** or [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au)

