COMPASSION TRAINING
TO PROMOTE RESILIENT LEADERS IN HEALTH CARE
Co-sponsored by UVA HSC, FEAP, & Compassionate Care Initiative

Understanding the **difference between Compassion and Empathy** AND **learning how to cultivate sustainable compassion in your own life** can be the difference between being **nourished** or burned out **by your work**. Kelly McGonical, PhD (a health psychologist from Stanford) advises "The best way to improve, is to have really great strategies to nourish the most exhausted version of yourself rather than just keep expecting your best self to show up." This six week course on compassion is an opportunity to develop and strengthen strategies to help you refuel and care for yourself effectively in the midst of all you do to care for others. Leading researchers in Compassion cultivation report "**Although the negative emotions did not disappear after the compassion training; participants appeared better able to stay in touch with negative emotions from a calmer mindset**." (Tania Singer, PhD). In addition, **compassion activation is linked to greater resilience, gratitude, happiness, physical health and overall wellbeing** (K. McGonigal, PhD).   A compassionate work environment is correlated with **greater retention, engagement, productivity, and job satisfaction**, (Monica Worline, PhD)

We invite you to join us for a **six week class to learn how to cultivate compassion in your own life at home and work.** The class will meet weekly for six successive weeks for an hour and a half each time. Practicing tools reviewed in class throughout the week is encouraged. As space is limited we encouraged you to be sure you can commit for all six classes before registering.

Dates: Tuesdays, October 2 - November 6th (six Tuesdays)
Time: 3:00pm - 4:30pm
Location: MCL Resiliency Room (2010 – McLeod Hall)
Facilitators: Anna DeLong, LCSW, CEAP, Mindfulness Teacher; Ann Willms, MD, MDiv

FOR MORE INFORMATION or to REGISTER:
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