

Turning Burnout

INTO COLLECTIVE CARE
WITH VIKKI REYNOLDS, PHD

APRIL 21ST, 2017

{ an experiential workshop }



Vikki has a deep commitment to social justice. She is a Consultant, Instructor and Supervisor specializing in Team Development, Resisting Burnout and Organizational Change. Her work addresses Addiction, Diversity, Homelessness, Trauma and Violence from a dignity informed lens.

This invigorating and powerful one day workshop offers an alternative approach to the notion of worker burnout.

Those working with people struggling with addiction, poverty, violence and oppression are often told that they will “burn out”. Contrary to this is a story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allows us to work congruently with our ethics. This experiential workshop will address our collective ethics and practices of collective care as opposed to self-care.

08:30 - 09:00 - Meet & Greet
09:00 - 12:00 - Vikki
12:00 - 1:00 - Lunch Break
1:00 - 4:00 - Vikki
4:00 - 4:30 - Debrief & Closing Remarks

your **full** recovery is
our sole purpose.



This workshop is a full day, on site, complimentary training event for Cedars Staff and Continuing Care Providers. Lunch will be provided. Email lisas@cedarscobblehill.com to RSVP no later than Friday, April 7th, 2017.