

# Compassion Resilience Training of Facilitators

The Compassion Resilience Toolkit is a flexibly implemented set of resources to build awareness of compassion fatigue and strategies to increase compassion resilience in adults from a system and individual perspective. Participation in this training will provide you with the tools necessary to implement the Compassion Resilience Toolkit with your staff.

*This session is facilitated by Rogers' Community Learning and Engagement Department staff*

## COMPASSION RESILIENCE Toolkit **Readiness and Commitment**



01

You (and your team!) commit to strengthening a compassionate culture

02

You strongly consider engaging school administrators in the work of this toolkit

03

You agree to participate as a facilitator of supported practice sessions during training

04

Your team commits to attending the 12 hour training, and complete short pre-readings

05

You are willing to consider the work of implementation of the toolkit while you are learning



# Compassion Resilience Training of Facilitators

Trainings require a minimum number of participants. Please register early so we can plan accordingly.

## LEARNING FORMAT

### Online:

- Fall: 12 hours split between 4 sessions
- Winter: Eight 1.5 hour sessions
- Spring: 12 hours split between 4 sessions

### Pre-Work:

- Brief readings before each session
- Each participant will practice facilitating

## DATES

### Fall Online Training Series [60 participants max]

- September 20 & 21, October 25 & 26 2023
- 9am-12pm CST via ZOOM

### Winter Online Training Series [60 participants max]

- January 17, 19, 24, 26, 31, February 2, 7, 9 2024
- 9am-10:30am CST via ZOOM

### Spring Online Training Series [70 participants max]

- April 3 & 4, May 1 & 2 2024
- 9am-12pm CST via ZOOM

**CANCELLATION POLICY:** If cancellation is not received one week prior to the first date, the participant will be billed \$25 to cover the cost of financial obligations created by registration such as meals, room, materials, etc.

## HOW TO REGISTER

- Email Alison Wolf, Rogers' Community Learning and Engagement Department Operations and Development Manager - [alison.wolf@rogersbh.org](mailto:alison.wolf@rogersbh.org) with the following information:
  - Training date
  - First and last name
  - Job title and school or organization

"The ability to see some strategies shared, modeled, and discussed."  
-Participant, 2023

## REGISTRATION FEE

- FREE for all public school participants and community partners that are part of a school team implementing this toolkit.
- This training was made possible through funding support from NE Department of Education

## COMPASSION RESILIENCE TRAINING OF FACILITATORS IS DESIGNED FOR:

- Classroom Teachers
- Student Services
- Administrators
- Deans of Students
- Implementation teams for school climate initiatives
- District level leadership including HR professionals

"This has been a phenomenal training, and I feel very inspired to help support my personal compassion resilience and colleagues."  
-Participant, 2023



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[www.education.ne.gov](http://www.education.ne.gov)



[eliminatestigma.org](http://eliminatestigma.org)