

Metropolitan Principals' Academy Special Learning Opportunity!

Compassion Fatigue and Staff Self-Care Strategies and Resources for Leaders

June 27, 2018

12:30 PM –3:30 PM (12:30 PM check in) at Metro ECSU

Who should attend: Principals, Assistant Principals, District Leaders, Other Educators

Educators experience compassion fatigue, or secondary trauma, when they are emotionally exhausted from reacting to traumatic events they experience through their work with their students. Schools are environments where educators are exposed to very high emotions of students and adults, extremely sad and difficult stories, or background histories of students and families.

District 287 has successfully developed compassion fatigue and staff self-care practices and activities. This one-half day workshop brings two representatives from ISD 287 to share their progress and successes. What works, what tools do you need, and how can you successfully implement these strategies in your school? What can be done without adding extra staff? You will leave with tools and ideas to take back to your schools and districts.



Participants will:

- Examine compassion fatigue/secondary trauma
- Learn to recognize signs of compassion fatigue
- Discuss successful self-care strategies for leaders and staff
- Leave with tools to implement in your school or district

Presenters: Samantha Thompson, Social Emotional Learning Specialist, SEL Coordinator in Care and Treatment ISD 287; and **Annie Mitty**, EdS, NCSP, School Psychologist, Care and Treatment ISD 287.

REGISTRATION INFORMATION:

Fee: \$95 MPA Member; \$150 Non MPA Member

Register online: <http://metroecsus.myquickreg.com/register/event>

Registration Deadline: June 27, 2018

Cancellation Deadline: June 25, 2018

Registration: Susan Frame, 612.638.1543; susan.frame@metroecsus.org

Location: Metro ECSU (Bethel University Anderson Center), 2 Pine Tree Dr, Arden Hills, MN 55112

In compliance with the Americans with Disabilities Act, when special accommodations are needed, contact Susan Frame (612-638-1543 or susan.frame@metroecsus.org) at least two (2) weeks before the event date. Special accommodation cancellation notices are accepted no later than two (2) business days before the event date. Cancellations after the deadline will be billed for special accommodations fees.

