



How are You?: Understanding the Sorrows and Joys of Caring for Animals

14th of May 2020

09:00 – 09:15	Welcome & overview of the day
09:15 – 10:45	Compassion Fatigue Overview - Patricia Smith
10:45 – 11:15	Break
11:15 – 12:00	Identifying Compassion Fatigue in Ourselves - Patricia Smith
12:00 – 13:00	Discussion & reporting back from breakout groups - Patricia Smith
13:00 – 14:00	Lunch break
14:00 – 14:45	Breaking the Compassion Fatigue Cycle - Patricia Smith
14:45 – 15:30	Self-Care Plan: The Path to Wellness - Patricia Smith
15:30 – 16:00	Break
16:00 – 17:00	Creating a Personal Self-Care Plan and Creating a Personal Mission Statement - Patricia Smith
17:00 – 17:30	Wrap-up – What is ONE thing you will take away with you today?
17:30	Social event

"Dedicated to caring for animals and the people who care for them."



How Are You?: Understanding the Sorrows and Joys of Caring for Animals

15th of May 2020

09:00 – 09:15	Welcome & overview of the day
09:15 – 10:15	Patricia Smith on Compassion Fatigue in the Workplace: What is Organisational Compassion Fatigue? Group Discussion
10:15 – 10:45	Professional Quality of Life Self-Test - Patricia Smith
10:45 – 11:15	Break
11:15 – 11:45	Managing the Pitfalls of Animal Welfare Work - Patricia Smith
11:45 – 12:30	Breakout session: Share the challenges you experience. Report back to group.
12:30 – 13:30	Lunch
13:30 – 14:00	Human and Animal Wellness in Environments such as Zoos, Aquariums, and Sanctuaries - Sabrina Brando
14:00 – 14:30	Best Practices - Patricia Smith
14:30 – 15:00	Mindful Meditation - Patricia Smith
15:00 – 16:00	The Role of Nature and Animals in Self Care - Anna Blinkowski (in the zoo if weather allows)
16:00 – 16:30	Q&A - review closing statements

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