



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

12 September 2020

13:00 – 13:15	Welcome & overview of the day
13:15 – 14:30	Compassion Awareness Overview – Sabrina Brando
14:30 – 14:45	Short break
14:45 – 15:30	Identifying Compassion Fatigue in Ourselves – Sabrina Brando
15:30 – 16:00	Professional Quality of Life Self-Test
16:00 – 16:15	Short break
16:15 – 16:45	Compassion Fatigue – focusing on human welfare as well as animal welfare - Kelli Ingles
16:45 – 17:00	Welcome Patricia Smith
17:00 – 18:00	Creating a Personal Self-Care Plan and Creating a Personal Mission Statement - Patricia Smith
18:00 – 18:15	Short break
18:15 – 19:15	Managing the Pitfalls of Animal Welfare Work - Patricia Smith
19:15 – 19:30	Reflections: What is ONE thing you will take away with you today?
19:30 – 20:00	Q&A & closure
20:00 – 21:00	Tea, cocktails, & anything else! Social Event

TAKE CARE TO GIVE CARE "Dedicated to helping you care for animals and for yourself."



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13:00 – 13:15	Welcome & overview of the day
13:15 – 14:00	Human and animal wellness in environments such as zoos, aquariums, and sanctuaries - Sabrina Brando
14:00 – 14:45	Self-compassion & 1 Change – Sabrina Brando
14:45 – 15:15	Break
15:15 – 15:45	Connecting to yourself and nature at the zoo – Anna Blinkowski
15:45 – 16:00	Welcome Jessica Dolce
16:00 – 17:30	From self-care to we-care: Organizational strategies to support staff resilience – Jessica Dolce
17:30 – 18:00	Break & Welcome Lynette Hart
18:00 – 18:45	Supporting wellbeing of animal caregivers in zoos – Lynette Hart
18:45 – 20:15	Pump the brakes: What to do when you're spinning out on stress – Jessica Dolce
20:15 – 20:30	Q&A - review closing statements

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