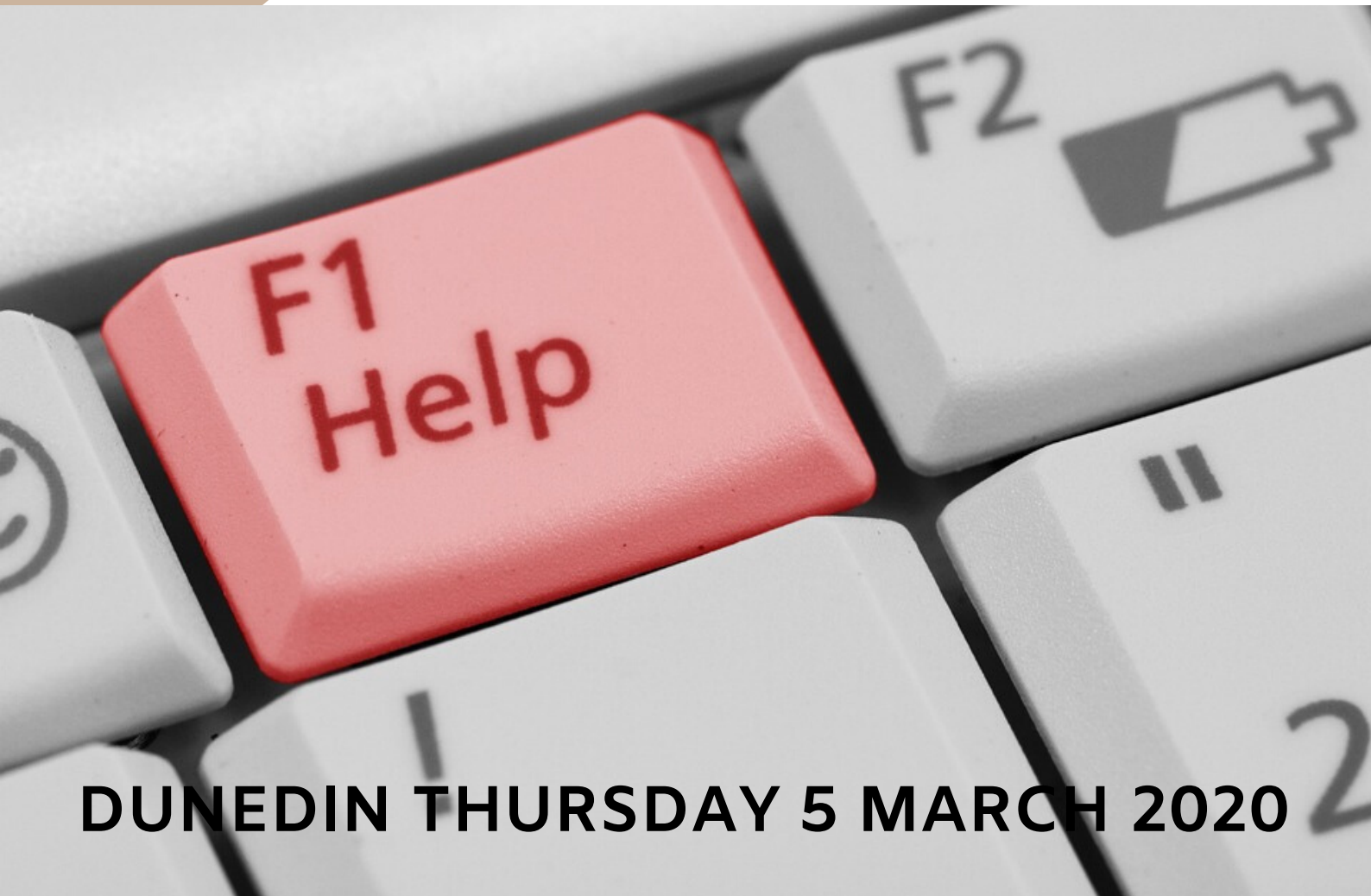


COMPASSION FATIGUE

FEELING LIKE YOU RUNNING OUT OF ENERGY TO
BE COMPASSIONATE?



DUNEDIN THURSDAY 5 MARCH 2020

Presented by Matthew Peppercorn - TASK Mental Wellness

This course is presented in a light hearted and engaging way with examples from real life to support learning.

As we care for children and loved ones or have a role to manage people, work as a clinician or human resources worker we can all face compassion fatigue.

LEARN SKILLS FROM AN EXPERIENCED CARER ON HOW TO SURVIVE:

- What is compassion fatigue?
- What are the causes?
- What are your supports?
- Most importantly how can you promote self care?

TASK Mental Wellness offers you the chance to look at this condition and undertake life changing self reflection on yourself and others around you. Learn skills to cope including boundaries, relapse prevention, mindfulness and stress management.

PRESENTER



MATTHEW PEPPERCORN - TASK MENTAL WELLNESS

Matthew Peppercorn Matthew has worked as a nurse for 25 years in mental health and intellectual disability. He has a IDCCR Act care manager diploma and has completed three post graduate papers. He has been integral into the planning of and restyling of both new and existing services in the care sector. He has done this both in England and NZ. He has lived in NZ for 15 years. When he isn't nursing he enjoys mountain biking, live music and gardening. He is also a free style rapper.

Over 2000 people all over NZ have been attending sessions in the last 18 months. Under the TASK umbrella he works closely with local community, government agencies, corporate businesses, schools, universities and polytechnics.

"I started work as a nurse clinician over 25 years ago. I was hopeful for a career in a service which met the needs of those I wished to support. Unfortunately I now believe that bureaucracy and red tape has created an environment of smoke and mirrors. This is resulting in people not being able to access services quickly enough.

I am driven to help people negate the maze that is the current care and support system. I realise that when teams and individuals are given the skills, knowledge and support they need then they will be more likely to flourish."



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Dunedin Thursday 5th March 2020 1:00pm to 4:00pm



Otago Chamber of Commerce
Level 3, Public Trust Building
442 Moray Place
Dunedin



\$395.00 (Incl. GST) for members
\$495.00 (Incl. GST) for non-members
Payments can be made on registration by cash or cheque payable to The Otago Chamber of Commerce, PO Box 5713, Dunedin 9058 | online to Westpac #03 0905 0970271 00 | Visa and MasterCard payments are accepted on our secure website payment page when you register above.



For a full refund, cancellation must be received no less than two weeks prior to the workshop date.