



CARE Training

BUILD WELL-BEING

The CARE program is a series of facilitated group training sessions where you will learn tools and practices to develop self-care literacy and protect against or reduce burnout. It has four modules where you will learn evidence-based practices on the following themes:

COMPASSION – developing compassion cultivation skills

AWARENESS – developing mindfulness skills

RESILIENCE – building emotional bandwidth and well-being

EMPOWERMENT – supporting sustainable change



INCREASE COMPASSION

CARE training can be offered in eight-session, four-session or day workshop formats. You will meet in a group to learn and practice the skills together. To support your practice between sessions you will have access to many online resources. By the end you will have learned many techniques for building well-being in yourself and in others, and will have ongoing resources to support your continuing practice. The developer and facilitator of this program, Jane Compson, is an associate professor at the University of Washington, Tacoma, with expertise in mindfulness training and research.



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