



Staying in the OK Zone: or How to avoid burnout

As a volunteer it can be assumed that your sense of wellbeing is nurtured by caring for and giving service to others. This is true to a certain extent, but if you are working in a dangerous environment or you are hearing about the traumatic experiences of others – you could be in danger of suffering similar symptoms of those you are helping.

- What is burnout anyway?
- Where is the OK Zone?
- What if you could do good self care as you're volunteering?
- What do you know about how the nervous system affects the brain?
- What if you could practice some simple strategies that would help you look after you?

Come to this workshop and create your own unique kit of self care and resilience - you can even pass on what you learn to others

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor It is for those who work as a volunteer or with volunteers.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934