

BOUNCING BACK FROM BURNOUT

Burnout sabotages our capacity to derive satisfaction from service to others in our work and in our lives. These factors and more contribute to burnout and/or job satisfaction: the demands of the system, our own beliefs about personal adequacy, the lack of clarity about our limitations, and the nature of the needs of those we serve. This course addresses the causes of burnout, and provides participants with new perspectives on how to avoid and intervene in order to increase work satisfaction. Behavioral Health, Healthcare, Social Service Workers, Educators, and other Advocates will benefit from this program. The learning objectives of this course are to:

- Discover what contributes to work satisfaction no matter what external stressors exist
- Create one's own personal definition of Burnout as he/she/they experience it
- Identify what has worked in the past to help participants with Burnout
- Identify the particular strengths participants possess that contribute to work satisfaction
- Learn mindfulness based methods of stress treatment and prevention
- Develop an action plan to prevent burnout
- Identify burnout triggers and put the action plan into motion

June 21, 2019

8 a.m. - 5 p.m.

St. Petersburg College

Allstate Center

3200 34th Street South

Room 219

St. Petersburg, FL., 33711

****NO COST****

Instructor Anthony Quaglieri, Ph.D., has been in the mental health field for forty years. He has extensive experience with addictions, trauma, sexuality, couples, bereavement, LGBTQ+ needs, and burnout prevention and treatment. As a trainer, he has worked with people in corporate and health settings. In his teachings he utilizes solution focused problem solving and mindfulness practices. He is a licensed mental health counselor in Florida and a Board Certified Coach

This project is supported by Award No. VF012 through the Office for Victims of Crime, Office of Justice Programs. Sponsored by St. Petersburg College, Center for Public Safety Innovation (CPSI) and the State of Florida, Office of the Attorney General.



Registration Link: <https://web.spcollege.edu/survey/28552>

Upcoming Free Trainings: http://cpsi.spcollege.edu/VOCA_CourseSchedule.htm

For assistance: Smith.Vonceil@spcollege.edu, 727-344-8021

Contact: Morris.Wayne@spcollege.edu 727-341-4631