



MODULE 9 (37 minutes)

Topic Title: Compassion Satisfaction Kelley Russell-DuVarney

LO1: Understand the steps to improve your compassion satisfaction

LO2: Apply the steps to create a daily compassion intention and renewal practice

Engagement Strategy

Lecture on the importance of compassion satisfaction and the signs of compassion fatigue. Discussion of best practices/strategies for renewal, refreshment, and rejuvenation. Reflection on personal experiences with compassion fatigue. Develop ways to promote/increase compassion satisfaction.

Synch Matrix:

Start	End	Activity	Facilitator Notes
0:00	2:00	Main Intro/Instructor Intro	
2:00	4:15	Topic Intro	Kelley Russell-DuVarney introduces the topic of compassion satisfaction.
4:15	6:35	3 R's of Self-Care	Refresh, refuel, rejuvenate.
6:35	8:40	"Describe" Exercise	Share some of the ways you already use the three R's of self care.
8:40	9:50	Compassion Fatigue	Kelley shares a story about overcoming compassion fatigue
9:50	13:00	"Apply" Exercise	Create a self-care plan for your work week that enacts the three R's.
13:00	15:40	More on Compassion Fatigue	Symptoms of compassion fatigue and ways to refresh & refuel.
15:40	18:50	"Reflect" Exercise	Share a time when you felt compassion fatigue and also share some ideas about managing stress at work.
18:50	21:40	Compassion Satisfaction	Kelley highlights the rewards of showing compassion.
21:40	28:30	Self Compassion / "Examine" Exercise	Kelley walks through strategies about self compassion. Reflect as a group on some of the ways you have cared for someone.
28:30	30:45	"Apply" Exercise	Make some compassion intentions for the week and ways you will stay accountable to these intentions.
30:45	32:15	Summary	
32:15	36:20	"Apply" Exercise	Share a time where you were compassionate and the rewards.
36:20	37:02	Conclusion	

Sources:

Hurley
Kolts
Sinclair
Stevens