



Creating a Compassionately Healthy Workplace

Providing compassionate and superior customer, client, patient, or student service is critical to your success. Do your employees suffer from COMPASSION FATIGUE? Compassion Fatigue, also known as Secondary Traumatic Stress (STS), is often defined as a decrease in compassion due to stress over time or a traumatic event resulting in sleeplessness, emotional distress, relationship challenges, and loss of productivity. Caring for those with whom you work to the point of burnout, communication snafus, low morale, organizational exhaustion, and employee turnover is not healthy for the short or long-term health of your organization, its employees, and ultimately those you serve. There is help for your employees, work teams, and organization...

Creating a Compassionately Healthy Workplace is *Catalyst Healthy Solutions'* answer to addressing the challenges that lead to Compassion Fatigue, while providing employees and organizations necessary tools for:

- ◆ Identifying Compassion Fatigue risk
- ◆ Creating stress management techniques to combat stress and burnout
- ◆ Building operational systems that promote a “well” organization
- ◆ Managing workplace relationships for optimal communication, candor, and respect
- ◆ Improving retention, reducing absenteeism, and heightening morale
- ◆ Improving customer, client, patient or student self-care and resiliency

Contact us today to discuss your individual needs, the value this work holds for your organization, and the steps to creating and sustaining your *Compassionately Healthy Workplace*:

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