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## Sustaining Passion and Quality in the Work You Do



**Dr. Jane A. Simington, PhD.**

Assisting others as they move through difficult life experiences offers immense opportunities to be of service and fill your life with meaning. This attitude of goodness, coupled with the depth and closeness of the relationships you develop as people disclose their pain-filled life experiences, can create circumstances ripe for compassion fatigue.

*Sustaining Passion and Quality in the Work You Do* is about fully acknowledging the good you do and exploring how to remain engaged and passionate about your life's work. It teaches how to use each situation as an opportunity to advance your personal and professional growth. Your life is not measured by the burdens you endure, nor by the breaths you take, but by the breathtaking moments you experience.

**During our time together you will:**

- 1) Acknowledge the benefits as well as the burdens of your work.
- 2) Examine possibilities for contagious stress and compassion fatigue.
- 3) Practice a variety of imagery and other techniques, including shielding and grounding, that help prevent vicarious stress and compassion fatigue.
- 4) Explore counseling and self-growth strategies that aid in personal empowerment.
- 5) Discuss peer support and examine and practice strategies to empower another.