

Mental Health in the Workplace Lunch & Learn: Workplace Compassion



Recent research has recognized compassion to be an essential component of a productive work environment. In businesses where compassion is emphasized, employees are less stressed out and tend to be more satisfied with their jobs. Compassionate organizations also tend to have more employee loyalty. Showing compassion to colleagues and supervisors are vital to sustaining job satisfaction and motivation. The workshop will focus on the benefits of being compassionate and how being compassionate can help one's career to grow. You will also receive some tips on how to raise your own level of compassion at work.

Learning Objective:

- Understand how practicing kindness to self and others can help them to reduce stress levels and build more meaningful relationships
- Learn ways that an organization can foster more opportunities for compassion

Sherilyn Dalke is a Licensed Clinical Professional Counselor. She received her graduate degree from Emporia State University in Community Counseling. Sherilyn has a diverse background of working in psychiatric hospitals, 12 years in public school settings as a School Counselor, in home therapy and outpatient settings which has built a foundation for her to help a variety of people in need. Sherilyn uses music, art, guided imagery, mindfulness, breath work, Brain Gym and other experiential modalities in her treatment. Sherilyn is trained in Somatic Experiencing therapy which is a body-oriented approach she uses for treating issues such as depression, anxiety, trauma and other stressful life events without retraumatizing the client.

August 28, 2019

Where: Goodwill Industries Corp. Offices 3351 N Webb Road. Start Time: 11:45 to 1:00

Cost: Member \$40.00

Non-Member \$40:00

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