

The Centre House, Learning & Development is pleased to announce

The HeART of Helping

A professional and personal development workshop for providers of health care

*“Being a caregiver and helper
can be
one of the most rewarding experiences in your life.*

*It can also be
one of the most overwhelming.”*



~ Donna Devlin, Health care educator, consultant and author

The **HeART of Helping** workshop investigates challenges and resiliency tools for care providers in an informative, interactive, and creative workshop. The workshop is conveniently located for mid island care givers, at Sunrise Ridge Resort in Parksville, on Thursday, October 8th, 9 am to 4 pm.

Examine factors that can make one vulnerable, including grief and loss, the *Helpers' Hole*, and *Interpersonal Allergies*. Identify strategies to help you thrive in the practice of helping.

- ~ Insightful facts
- ~ Compelling case studies and stories
- ~ Exercises and strategies to help care providers develop and sustain meaningful healing relationships with their patients

Throughout the workshop, Donna will guide you to contemplate, consider, believe, laugh and light up ... yourself and the work you do.

This workshop is a practical and encouraging encounter for health care professionals. If you are a health care practitioner, family caregiver, social worker, pastoral support person, volunteer support services, counselor, outreach worker, victim service or emergency service personnel, this workshop provides you with ways to navigate and thrive through the helping journey. It is a gift to yourself through which others will reap the benefits.

“I think everyone in healthcare should take this course. I came in looking for new ways to be able to help patients. I came out having a new purpose of what I do.”

~ Past participant in Donna's workshop

When Thursday, October 8, 2009; 9 am – 4 pm

Where Sunrise Ridge Resort, Parksville, BC

Workshop fee \$109

Your fee includes continental breakfast, lunch, & afternoon refreshments. You will be in a beautiful setting a short walk from Craig Bay beach.

Register!

Phone Colleen at 250-586-4751 or Email colleen@thecentrehouse.ca

Please register by September 24th

About Donna Devlin

Donna Devlin is the author of the newly released ***Magic Moments in Health Care: Making a Difference One Moment to the Next***. Donna is a health care practitioner, grief consultant, author and educator. Her dynamic writing and workshops encourage transformation and provide constructive change methods.

“We are seeing more of the ‘perfect storm’ of fatigue, frustration and burn out in health care workers across the spectrum, along with higher rates of job vacancy, injury, disability and stress leave. Health care workers are searching for ways to continue the human side of their work among the technological, disease-oriented, hospital-based approaches and other health care challenges. The demands on health care staff are enormous. Pressures from limited resources, increasing expectations from patients and families, and technological advances are affecting the ability of health care workers to derive meaning and satisfaction from their work.”

Magic Moments in Health Care: Making a Difference One Moment to the Next is a practical paperback with personal accounts from the author that guide, inform and renew health care professionals on their quest for creating meaning and healing at work. Readers are encouraged to explore the hurdles of helping-challenges such as time constraints, technology, “difficult patients”, and health care worker fears, perceptions, and ego.

The book is both a personal and professional odyssey where the “magic” appears through a health care worker’s inward exploration for outward service to others and discovering, or rediscovering, that they alone are the most amazing tool and resource in health care.

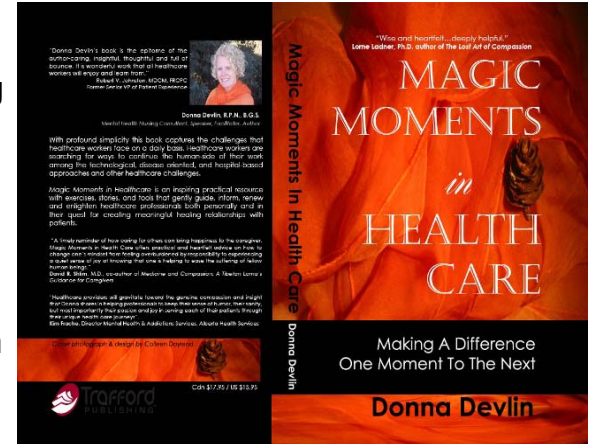
“Having contracted Donna to work with long-term care staff on a variety of different issues over the past several years, I can attest to the fact that all health care workers, regardless of their background or experience, find her knowledge, her insights and her empathy truly invaluable and affirming.”

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