

Working with Passion and Purpose:
A Proactive Approach to Preventing Burnout and Calming the Crisis Within

Catrice M. Jackson, MS, LMHP, LPC
Executive Mentor of Emerge Consulting
3931 N. 40th Avenue, Omaha, NE 68111
402-502-2718
Vistawomyn@cox.net

Do you LOVE your job? Do you feel fulfilled by your job? Are you working with passion and do you know your purpose? Do your clients benefit from your passion and vitality or are they suffering from your lack of job satisfaction and complacency? If you are living to work versus working to live not only are hurting yourself you may be hurting your clients unintentionally.

This experiential and informative workshop will challenge participants to determine whether they are working to live or living to work. Participants will uncover their personal power in order to create new perspectives by bringing forth the elements of their strengths. This workshop will teach participants how to conduct self-assessment and use their strengths and talents to take them to a higher level of performance. At the conclusion of this workshop, participants will learn how to work from passion and purpose and calm the crisis within oneself.

This program is further designed to help participants examine the multidimensional syndrome compassion of fatigue and learn practical and effective techniques to avoid burnout and sustain the positive energy necessary to survive the caring cycle. Participants will specifically learn the factors associated with burnout, two types of burnout, the symptoms and affects of burnout and techniques necessary for rejuvenation and personal renewal.

To return to the Table of Contents for Convening XXXI, press the back button on your browser.