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## Reducing Burnout While Sustaining Quality in the Work You Do

©Dr. Jane A. Simington, PhD

*Let your life not be measured by the burdens you endure,  
nor by the breaths you take,  
but by the breathtaking moments you experience.*

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, resulting in burnout. *Reducing Burnout While Sustaining Quality in the Work You Do* is about acknowledging the good you do, and exploring how to remain compassionate and engaged in your life's work.

### During our time together you will:

- 1) Acknowledge the benefits as well as the burdens of your work.
- 2) Examine the possibilities of vicarious trauma and compassion fatigue related to the work you do.
- 3) Practice a variety of techniques to help prevent burnout.
- 4) Explore strategies to help you sustain compassion and quality in the work you do.
- 5) Practice strategies for offering peer support in ways that empower team members.

### Articles written by Dr. Jane Simington on this topic include:

**Living Life on Purpose: Gaining Independence from Burnout**

<http://drjanesimington.com/learning/living-life-on-purpose-gaining-independence-from-burnout/>