

compassion tribe

FOR HEALTHCARE
WORKERS MANAGING
COVID - 19

Purpose

Virtual support & comradery to healthcare workers coping with the COVID-19 crisis

- A community offering encouragement, tips, resources, and tools for resiliency
- A safe space to talk through fears and frustrations to provide strengthened ability to cope
- Provides benchmarking and learning to aid in delivery of compassionate practice

Topics

Gratitude — Recognition — Resiliency
Difficult Communications with Patients & Staff
Coping Mechanisms in a Challenging Environment
Leading Through Change

Format

April 1-15, 2020

**30 minute collaborative
Zoom forums**

- Wednesdays 8:00p EST
- Thursdays 5:30p EST
- Fridays 2:00p EST
- Saturdays 10:00a EST
- Mondays 2:00p EST
- Tuesdays 10:00a EST

Join The Tribe! — Access via web or phone:

<https://hxf.zoom.us/j/983876419> ; Phone +16468769923,,983876419#

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