

THE Accent

Prince Edward Island Union of Public Sector Employees

Stewards Conference September 22, 2021

Time: 9:00-4:00 p.m.

Place: Loyalist Country Inn, Summerside

(195 Heather Moyses Drive, Summerside)

Conference topics:

- **Telework**
- **Diversity**
- **Harassment**
- **Violence in the Workplace**
- **Steward Roles and Responsibilities**
- **Mandatory Vaccinations / Management**



Presenters: *Kimberly Turner, Q.C., B.A., LL.B. and Andrew Nielsen, B.J., LL.B. (Pink Larkin)*

Due to COVID-19 restrictions registration numbers are limited to 75 Stewards.

To register please contact the UPSE office by 4:00 pm on September 8, 2021 at

902-892-5335, toll free at **1-800-897-8773**, or

e-mail **peiupse@peiupse.ca**

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

PEI UPSE is proud to represent over 5000 members in the public and private sectors.

Compassion Fatigue Workshop: September 27, 2021

Workshop Description

This workshop is open to UPSE Stewards only, and will take place at the Rodd Royalty in Charlottetown (9 - 4 pm on September 27, 2021).

The Compassion Fatigue workshop is designed for helping professionals. People in the helping professions often experience compassion fatigue. Compassion fatigue is described as a profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career.

During this interactive workshop, you will learn about the signs and symptoms of compassion fatigue and identify strategies to deal with compassion fatigue and boost personal resiliency.

Workshop Topics:

- ***The five Ps***
- ***What is compassion fatigue?***
- ***What are the symptoms?***
- ***Compassion fatigue self-test***
- ***Strategies to prevent compassion fatigue***
- ***Wrap up and evaluation***



Presenter: Gerard Murphy, Barefoot Facilitation Inc.

Due to COVID-19 restrictions registration numbers are limited to 72 Stewards.

*To register please contact the UPSE office by **4:00 pm on September 8, 2021** at*

902-892-5335, toll free at **1-800-897-8773**, or
e-mail **peiupse@peiupse.ca**