



## Compassion Fatigue--Supporting Educators Through the End-of-Year Rush

<b>Facilitator(s):</b>	Larissa Predy
<b>Date:</b>	May 15, 2025
<b>Time:</b>	4:00 pm – 6:00 pm
<b>Cost:</b>	
<b>Location:</b>	Virtual
<b>Type:</b>	Webinar
<b>Session Code:</b>	25-IE-060-CARC

### Target Audience

Teachers, EAs

### About this Learning Opportunity

The end of the school year can be incredibly demanding, leaving educators feeling drained and emotionally depleted. The solution? A 2-hour webinar about your own emotional wellbeing, of course! Hopefully that made you smile a little... The point is, exhaustion and compassion fatigue are common in this field and at this time of year, and this can make self-care seem out of reach. This webinar addresses the critical issue of compassion fatigue, specifically tailored to the unique challenges faced by educators as we approach the end of the school year.

We will explore the signs and symptoms of compassion fatigue, providing practical strategies for self-care and stress management during this high-pressure time. Rest assured, we will NOT add more tasks or action items to your list! You will learn evidence-based techniques to replenish your emotional reserves and build resilience to prevent burnout. This session offers a supportive space to connect with colleagues and gain actionable strategies for maintaining wellbeing as you navigate the final weeks of the school year and prepare for a much needed break. The real goal: to feel refreshed, re-energized, and ready to embrace the summer months with renewed vitality.

*This learning opportunity is being subsidized through funding from Alberta Education.*

### About the Facilitator(s)

#### Larissa Predy

Larissa has over 15 years of experience working with individuals with developmental disorders in various settings. She has a strong reputation in comprehensive psychological assessment and intervention, specializing in ADHD, Autism, learning difficulties, exceptionalities, behaviour problems, personality, and parenting concerns. Larissa is a PhD candidate in cognitive developmental psychology, with a specialization in psychopathology and executive functioning across the lifespan.

Larissa provides clinical supervision, consultation, and CAP supervision for provisional psychologists. She is an adjunct academic colleague with the University of Alberta's Department of Educational Psychology, and supports student internships from the University of Calgary's School & Applied Child Psychology program, as well as counselling programs including the University of Lethbridge, Yorkville, and City University.