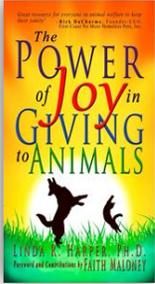


Compassionate Heart Training by Dr. Linda Harper

I. Refresh Your Compassion: Take Care of You & Your Team to Help More Animals



Compassion fatigue and burnout with their long-term consequences are real in every animal-helping organization from shelters, sanctuaries, and rescues to veterinary practices, daycare, and training centers. It is inevitable that somewhere along the road to saving more lives, we become overwhelmed, frustrated, and depleted. With so many animals to help, tending to the needs of ourselves and each other often falls to the bottom of our priority list. But self-care and self-compassion are **essential** to the wellbeing of every heart-driven individual and organization. Discover proactive tools to face the challenges and restore the joy in this lifesaving work.

II. Connect in Compassion: Be Stronger Together to Help More Animals



How often have you heard, “It’s not the animals that stress me out –it’s the people!” We naturally focus our efforts on relating to animals. To best help them; however, it is **essential** to learn how to work with all kinds of challenging people. While we have all wondered why people are so difficult, have you ever considered that YOU might be somebody else’s difficult person? Discover how people’s reactive styles affect challenging situations. Explore new ways to respond to the stress of dealing with people, and become more effective team players and lifesavers.

III. Expand in Compassion: Engage Your Community to Help More Animals



Engaging the community is **essential** to sustaining and growing every animal-helping organization. Public support is invaluable; it boosts morale and expands the team of compassionate hearts through volunteerism and donations. Community participation increases adoptions and foster homes, offers fresh ideas, and connects organizations to more people who can help. The key to compassionate community engagement is cultural competence, that is, the natural desire to engage with people of different beliefs, backgrounds, and behavior patterns. Explore three practices, innate to compassion, that grow cultural competence: *Listen, Let Go, and Learn*. Discover how to create and sustain a welcoming atmosphere and inspire community involvement while enhancing the well-being of the whole organization.

About the speaker: Linda R. Harper, Ph.D. is a lifelong animal lover and has been a clinical psychologist in the Chicago area for 35 years. As the founder of Blessed Bonds, a foster-based program that keeps people and pets together, she understands the physical, mental, and emotional stress that comes with this heart-driven work. Linda is a frequent speaker at animal welfare and veterinary conferences & gives workshops locally and throughout the country. Linda facilitates the pet loss support group sponsored by the Chicago Veterinary Medical Association. She is the author of four books, including *The Power of Joy in Giving to Animals* (with foreword and contributions by Best Friends’ co-founder, Faith Maloney).



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