

Workshop



Blossom or Burnout: The Million Dollar Choice for Your Wellbeing

**Facilitator: Dr. Eunice Gwanmesia, Ph.D, MSN,
MSM(HCA), RN**



WELCOME

I am Dr. Eunice B. Gwanmesia, and I'm excited to welcome you to the Blossom or Burnout Workshop! We recognize the unwavering dedication and strength you bring to supporting survivors of domestic violence. Your work is nothing short of heroic, and yet it can take a toll.

This workshop is designed to empower you to prioritize your well-being and cultivate resilience to prevent burnout. We'll explore practical self-care strategies, discuss the importance of fostering inclusive work environments, and equip you with tools to build strong peer support networks.

By investing in your own well-being, you'll be better equipped to show up fully for the survivors you serve. Together, let's create a future where advocates can blossom and thrive in their vital work.

We're excited to learn from each other and create a supportive space for open dialogue. Throughout the workshop, feel free to actively participate, ask questions, and share your experiences.

DEIB ADVOCATE, BESTSELLING AUTHOR, EDUCATOR
& SPEAKER



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OBJECTIVES

01

Identify three signs and symptoms of burnout

02

List self-care strategies to reduce stress

03

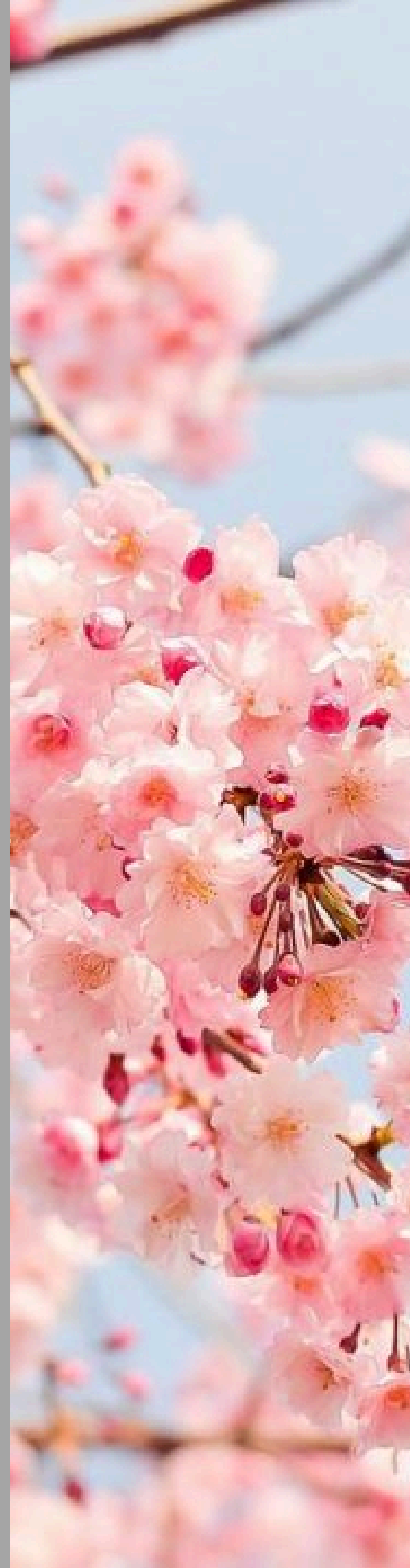
Understand how to set boundaries and effectively manage time to avoid burnout.

04

Explain how to foster inclusive and supportive work environments.

05

Develop resilience through peer support



Case Study #1

Inclusive case study

Case Study: Mindfulness Moments at the Hope House

Challenge: The Hope House, a domestic violence shelter, noticed a high turnover rate among its direct support staff, many citing burnout and compassion fatigue as key factors. Staff felt overwhelmed by the emotional intensity of their work and struggled to maintain their own well-being.

1. Imagine implementing a similar program at your organization. What challenges or logistical hurdles might you encounter? How could you address these challenges to ensure program accessibility for all staff members?

2. The Hope House program included meditation, yoga, and communication training. What alternative self-care practices or workshops could be offered to cater to diverse preferences and needs within your staff team?

Case Study #1

Inclusive case study Cont'd

3. How would you measure the effectiveness of a staff well-being program at your organization? What metrics or qualitative feedback could be used to assess its impact?

Group Activity

Peer Support Circle

Let's experience the power of peer support firsthand! In this activity, we'll form small groups and take turns sharing the challenges, experiences, and successes you've faced in advocacy work. Listen actively and with empathy and offer encouragement, insights, and resources to one another.



Give feedback to Eunice

Scan this QR code



Or go to

<https://talk.ac/drgwanmesia>

and enter this code when prompted

BLOSSOM

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"Self-care isn't selfish, it's the fertilizer that allows us to blossom into our most resilient and effective selves. Let's tend to our gardens, so we can continue to change the world, one bloom at a time."



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