

BUILDING RESILIENCE AS A SOCIAL WORKER: USING STRATEGIES TO PROMOTE HEALTH AND WELL-BEING

Summary

This workshop emphasizes the cost of caring in the Social Work Profession and the importance of developing self-awareness related to compassion fatigue. Building resilience as Social Workers using practical, evidence –informed well-being strategies is highlighted. This session is experiential and interactive with participants reflecting on work-life balance.

Biography



Karen Lynn Kyliuk, BSW RSW

Karen has a Bachelor of Social Work from the University of Manitoba with 30 years of experience working in the mental health field and over 22 years as an educator. Karen has designed and facilitated a variety of clinical staff development curriculums on a range of mental health topics including: Suicide Assessment & Intervention, Work-Life Wellness, Holistic Health and Well-being, Para-Professional Mental Health training and Thriving in our Later Years.

Karen is a Bronze level Master Trainer with Living Works Canada -ASIST and Certified SafeTALK Trainer. Karen has been the Project Lead for two robust Health Promotion and Education Programs: Enjoy Life More and Thrive over 55. She is a columnist for WAVE magazine and writer for the Winnipeg Free Press Balance column highlighting mental health and well-being topics to promote positive mental health and resilience at a population level.