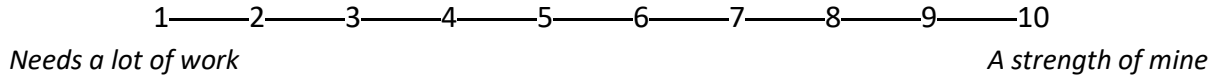




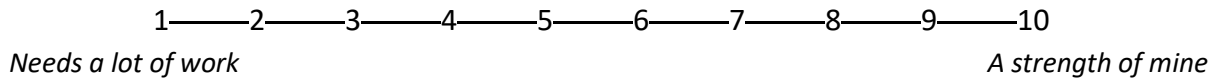
*Amanda Rocheleau Counselling and Consulting*  
*Registered Social Worker \* Compassion Fatigue Specialist*

**Pathways**

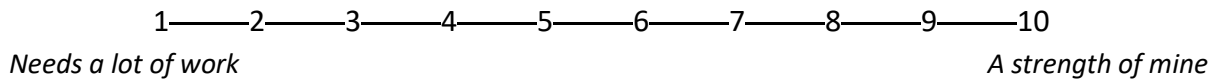
**1. Skills required to meet my responsibilities**



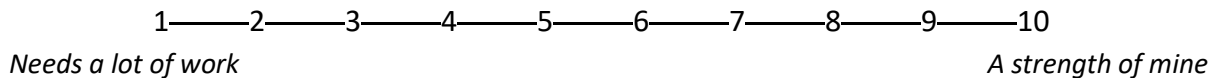
**2. Self-care attitude and action**



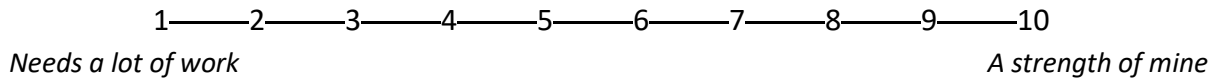
**3. Resolving internal conflicts**



**4. Connection with others**



**5. Resiliency skills that allow me to bounce back from stress**



New skills that will help me be more effective in my job	
Ways I can practice self-care and nurture my own needs and desires	
Ways I can resolve internal conflicts by adopting new problem solving strategies	
Ways I can build new or stronger connections with others	