



Cultivating Compassion

Speaker: Laura Hoeksema, MD

Location: Virtual | ccemployeewellness.com/wellness-insider

Date and Time: Wednesday, May 6 | noon - 1 p.m., EST

Objectives:

1. Define compassion and self-compassion and describe their importance in healthcare.
2. Recognize common barriers to creating an environment filled with compassion.
3. Apply strategies to cultivate compassion.

All caregivers are welcome to attend this presentation.