

Control Stress and Compassion Fatigue Using Four Critical Concepts

We all experience occasional stress, and there are times when stress can be overwhelming and on-going. Also, many of us are taking care of or working with others who struggle with physical illness, mental health issues, or are in need of constant care. This can result in compassion fatigue, which can add to our stress. There are four proven concepts that we can all learn and use immediately to reduce our stress at any time regardless of the source. Please join us for this informative, fast paced, and energizing seminar!



About the Presenter:



Dr. Michael Weber is Superintendent of the Port Washington-Saukville School District, has over 30 years of leadership experience, and has published many journal articles and a book on positive attitude and optimism. Dr. Weber is a popular keynote speaker, a certified stress management consultant, and has advanced training in clinical psychology. He specializes in dealing with negativism; helping parents develop positive child development strategies; effective communication to resolve conflicts; and helping employers hire positive, energetic people. Dr. Weber is a nationally known speaker, touching the lives of thousands of people each year.

Wednesday, September 27 – 12PM, Saukville Police Department
RSVP to exec@saukvillechamber.org
Lunch will be provided