



Webinar Series

Understanding the Impact – Recognize the Impacts of Your Work and the Signs of Strain or Burnout

Join Us!



February 18
12:00-1:30 PM MST

Femi Akinsanya

About the Webinar

This training is for professionals working in the helping profession and human services field. You will gain the skills and knowledge to recognize the impacts of your work and understand the potential signs of empathetic strain, vicarious trauma, and burnout. You will receive a certificate upon completion.

The topics covered include recognizing the signs of vicarious trauma and compassion fatigue, also referred to as empathetic strain, as well as identifying effective strategies to cope with these challenges. The discussion also focuses on understanding and enhancing practitioner resilience, and emphasizes the importance of self-care for helpers to maintain well-being and effectiveness in their work.

Featuring

Femi Akinsanya (she/her) BSc; Co-Director of Training, Resource, and Education Centre Calgary Communities Against Sexual Abuse (CCASA) Femi Akinsanya is a nonprofit and public sector leader advancing systemic change in the response to gender-based violence. With an educational background in psychology and health sciences and over five years of experience, she has built a career centered on advocacy, education, institutional partnerships, and sustainable systems change. As Co-Director of the Training, Resource, and Education Centre at CCASA, she leads education and training, advocacy, and system-wide collaborations across healthcare, government, nonprofit, post-secondary, and corporate sectors. Femi currently serves as a board member for the Ladies in the Family Foundation and chairs the City of Calgary's Intercommittee Working Group while sitting on the Gender Equity and Diversity Subcommittee. A public speaker and advocate, she has presented through conferences, media, and research initiatives, and partners in professional, provincial, and national efforts focused on transforming systemic responses to violence. Her leadership centers survivors, builds institutional accountability, and drives meaningful, lasting change.