



Webinar Series

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

Join Us!



May 13
12:00-1:30 PM MST

Kira Snodgrass

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

Kira Snodgrass is a Sexual Violence Educator with Calgary Communities Against Sexual Abuse (CCASA). Kira has a diploma in Child & Youth Care from Lethbridge College, and a Bachelor of Health Sciences in Addictions Counselling from the University of Lethbridge. Having always had the desire to work with those impacted by sexual violence, Kira's passion for the work deepened when she began working as a sexual violence support counsellor in Lethbridge. Upon her relocation to Calgary, she was excited to join CCASA, with the same role. Her frontline experience on both the Lethbridge & Calgary Sexual Assault Response Teams has given her a unique perspective and understanding of the varying levels of impact sexual violence can have. Having a variety of facilitation opportunities over the years, Kira found an unexpected love for providing education and training. Her role as a Sexual Violence Educator has allowed her the opportunity to follow her passion of providing education and training on topics related to sexual violence, and providing support to those who have been impacted by sexual violence when aiding on our Support & Information Line, as well as on CSART. Through her role as Sexual Violence Educator, Kira has also become a Certified Facilitator of First Responder to Sexual Assault & Abuse Training (FRT) through Alberta Association of Sexual Assault Services (AASAS).