

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES
Jockey Club End-of-Life Community Care Project

Workshop on Preventing Burnout and Promoting Well-Being for Helpers in End-of-Life Settings

Date: Thursday May 17, 2018
Time: 10:00am -5:30pm
Venue: Social Sciences Function Room, 11/F, The Jockey Club Tower, Centennial Campus,
The University of Hong Kong

TIME	TENTATIVE PROGRAMME
10:00am	Welcoming Address
10:15am	-Principles for Preventing Burnout and Promoting Well-Being for Spiritually Sensitive End-of-Life Care, including Evidence Based Practice -CASE Illustrations with Full Audience Questions and Discussion
11:00am	Coffee Break
11:15am	-Overview of Common Risks for Burnout, Compassion Fatigue and Stress in EOLC Settings, with Case Example -Integrating Personal and Professional Growth of Workers in EOLC Settings: Reflections on Living and Dying Well
12:30pm	End of Morning Session
2:00pm	-Conducting a Self-Care Assessment with Case Examples, Exercise, and Discussion with Audience Partners -Use of Meditation and Mindfulness: Experiential Exercises with Audience Discussion
3:15pm	Tea Break
3:30pm	-Methods to Transfer Skills and Benefits of Self-Care and Mindfulness into Workplace and Personal Life -Assessing the EOLC Setting for Spiritually Sensitive Organizational Qualities -Audience Exercise to Assess their Settings and Small Group Discussion of Application to the Hong Kong Context and their Practice Settings
4:45pm	Q and A Session