

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Conquering Compassion Fatigue

Sometimes caring for others can come at a cost. Join us to explore factors that can contribute to this role-related form of burnout and how to recognize signs it's becoming an issue. We'll discuss strategies that can help you maintain emotional boundaries, reclaim balance, and build resilience in your challenging role.

Wednesday, March 23, 2022
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:
www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™



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