

KEEP YA HEAD UP: BUILDING COMPASSION RESILIENCE IN SCHOOL SOCIAL WORK



AT A GLANCE

In the demanding field of school social work, professionals often face emotional and psychological challenges that can lead to burnout and compassion fatigue. This presentation aims to equip school social workers with the tools and strategies needed to build and maintain compassion resilience.

INSTRUCTOR BIO

Dr. Glenda Bailey Hayden, a native of New Orleans and distinguished alumna of Dillard University, Michigan State University, and Grand Valley State University, serves as a school social worker with Grand Rapids Public Schools. She holds advanced degrees in Clinical Child and Family Psychology, Social Work, and a Doctor of Ministry in Christian Counseling. Dr. Hayden is also an adjunct professor at GVSU and the principal of Exousia Transformation Space, LLC.

Anjalon Wimbush, a Western Michigan University graduate and licensed master's-level social worker, has been a school social worker for 24 years and is now the social-emotional learning instructor for GVSU TRIO Upward Bound. She has extensive experience in mindfulness-based stress reduction and social-emotional learning facilitation and is CEO of Positive Steps10, LLC.

OBJECTIVES

1. Be able to define compassion resilience and explain its importance in the context of school social work.
2. Learn the signs and symptoms of burnout and compassion fatigue specific to school social workers including the consequences of burnout on personal well-being and professional effectiveness.
3. Gain self-care practices, stress management techniques, and boundary-setting strategies.
4. Explore tools and resources for implementing these strategies in daily work life.
5. Identify the role of organizational support and professional development in maintaining resilience.
6. Receive tips on how to create peer support networks and advocacy for policies that promote mental health and well-being.

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.

COST: \$109

CE CREDITS: 5.0

COURSE LEVEL: BEGINNER



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GRAND RAPIDS, MI 49504