

WELLNESS WEDNESDAY

A two hour virtual space to give you coping tools and strategies when faced with compassion fatigue

27th November 2024 from 14.00 – 16.00 hrs

Talks:

- Penny Hawkins, RSPCA: Emotional labour - support for Animal Technologists
- Toni Clark, UCL: Navigating the emotional journey - how Animal Technicians can protect their mental health (and why they should)
- Robin Labesse, Agenda Life Sciences: Emotional baggage - what can we do about it?
- Danielle Cox, MHRA: The benefits of coaching for coping skills in the animal facility

Short break, followed by

- Moira Watson, University of Strathclyde, a Trained Facilitator, will **run a Mindfulness session**

Event Organisers: Vicky Taylor, Linda Horan and Danielle Cox



For more information or to book your place, please use this QR code

or visit <https://forms.gle/N4aKXU137JXZCC5B9>

If you have any questions concerning this event, please contact Vicky Taylor: Vicky.taylor-2@manchester.ac.uk



Institute of
Animal Technology



BSF

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