



Leading with Courage



Dr. Patricia Comley, ATC

As a facilitator, educator, and keynote presenter, Pat's passion and expertise is to bring professionals to a new level of skill and understanding in their work and personal relationships. She is known to do so with insight, sensitivity and humor.

Dr. Comley has worked extensively with the Ontario SPCA in the last year as a trainer/consultant and presented at the 2008 Ontario SPCA Conference on the topics of *Compassion Fatigue* and *Leading Across Cultures*. *Compassion Fatigue* in the Animal Care Community is of particular interest to her. As an advocate and clinician for the animal care community, Pat has just launched formal research initiatives in this area. Dr. Comley teaches psychology, part time, at Ryerson University, specializing in personal growth and stress management. As a licensed facilitator in Emotional Intelligence, Pat applies this expertise to organizations in their hiring process and professional development.

In her professional coaching role, Pat teaches *Leading with a Coaching Approach* at Ryerson University and received the 2008 GTA ICF Prism Award (Honorable Mention) for Business Excellence in Leadership Coaching in a Large Organization.

Regarded as a creative thinker with an adventurous spirit, Pat lives in Toronto's Beach Area where dogs and cats flourish and are loved by all.

Visit Pat's new website, www.compassionfatiguesupport.com. It is interactive, educational, and solution focused.

Join Pat's workshops for an informative, motivational, and "take-action" experience. Along with Pat's new website, animal care workers will experience Pat's unique approach to understanding the subtle yet powerful impact compassion fatigue can have on the animal care community. Through a reflective and experiential process, this site and her workshops, help capture the essence of the burdens that compassion places on these caregivers and the cost it extracts from them. Specialized strategies and techniques for managing these burdens will be discussed.

In the workshops, each participant will leave with a self care action plan and a host of reference materials. Shelters are invited to bring their workers as a group and strategize together or Pat can visit your shelter for a private presentation. The website will soon have an interactive professional development component with Pat's blog, a member's FAQ Newsletter, and a chat group. The entire set up date is Mid March. Pat invites you to take a few of the self reported inventories to test the waters of Compassion Fatigue.. Explore, at your leisure,

- What's happening? Who is affected? To what degree?
- What do you need to know to understand the issues?
- How do you move to wellness and resilience?
 - Self Care – self appraisal and proactive action plans
 - Organizational strategies
 - Intervention strategies for crisis or burnout

© Dr. Pat Comley www.compassionfatiguesupport.com pat@compassionfatiguesupport.com