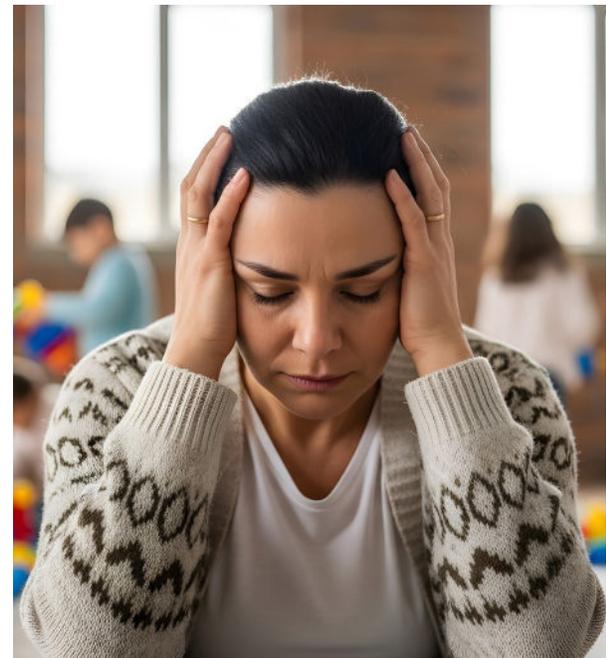
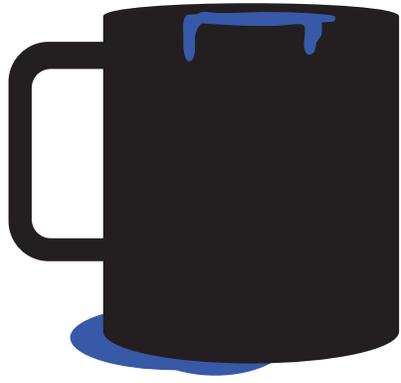


# HOW FULL IS YOUR CUP?



## Sustaining Yourself While Serving Others

*Practical tools to navigate burnout and compassion fatigue*



Join us for an interactive workshop providing a practical framework for understanding and addressing the stress that comes with caregiving and service-oriented work. We will go beyond awareness and offer evidence-based strategies you can apply immediately!

### Participants will gain:

- A clear understanding of the differences between burnout, compassion fatigue, secondary trauma, and vicarious trauma.
- Insight into the biology of stress and why awareness isn't enough to resolve it.
- Science-backed tools for completing the stress cycle and building sustainable resilience.
- Personalized "recharge menu" — a framework of quick resets, sustaining habits, and restorative practices for real-world schedules.
- Honest, small-group conversation with peers who understand the demands of this work.



### About the facilitator:

Dr. Julie Turner is President and CEO of United Services for Children, where she leads a team of 50 professionals serving over 400 families of children with developmental delays and disabilities. She holds a Ph.D. in Education and spent 17 years as a professor of nonprofit management at Lindenwood University. This workshop was developed and field-tested with early childhood and human services professionals and is grounded in current research on workplace stress, the biology of burnout, and the realities of mission-driven work.

**Friday, April 10, 2026**

Session 1: 8:30–10:30 a.m.  
Session 2: 1:30–3:30 p.m.



**United Services**  
for Children

3420 Harry S. Truman Blvd.  
St. Charles, MO 63301

### Registration required

Individual	\$59
Group (3+)	\$50 each

*Light refreshments included.*

*Each participant receives "The Burnout Workbook" and a certificate of completion.*

