

# UISG EVENTS



## **BURNOUT PREVENTION** *and* **RESILIENCE BUILDING** *in* **RELIGIOUS LIFE**

### WORKSHOP

ONSITE ONLY

**19 November 2019**

9:30am - 4:00pm

Registration starts at 9:00am

Speaker: **Sr MARYANNE LOUGHRY**

Donation to cover expensive: 40 €

Online Registration: [bit.ly/WorkshopBurnout](http://bit.ly/WorkshopBurnout)

**UISG Center for the Religious Life - Regina Mundi**  
**Lungotevere Tor di Nona, 7 - Rome**

1. The workshop will be in English and Italian. Simultaneous translation will be provided
2. Lunch is on your own

***Save the date* - November 2019**

**Wednesday 20 at 15.00 : Webinar** on Interreligious Dialogue (English)

**Wednesday 27 - Friday 29: Workshop** AXIS - Challenges of managing ecclesiastical institutes in the international context and a reading of the Church in Brazil in its relationship with the State (Portuguese - Italian - English)

**Saturday 30: Retreat** run by UISG English group (English)



[uisg.org](http://uisg.org) - [comunicazione@uisg.org](mailto:comunicazione@uisg.org) - whatsapp: +39 349 935 87 44



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*The workshop outcomes include :*

- Greater knowledge of what causes burnout
- Skills for recognising the signs and symptoms of burnout
- Strategies: both personal and organisational, for preventing and addressing burnout
- Strategies for strengthening stress resilience
- Information on best practice for staff well-being
- Greater understanding of the role of mindfulness and related practices in strengthening well being
- Introduce Psychological first aid



Maryanne Loughry is a Sister of Mercy and a psychologist. She teaches at Boston College in the School of Social Work.

Prior to this Maryanne worked with Jesuit Refugee Service (JRS) and taught at the University of Oxford's Refugee Studies Centre.

She has conducted trainings and research on psychosocial well-being in many countries and in 2010 she was made a Member (AM) of the Order of Australia for her service to refugees.