

STRONG BRAIN INSTITUTE

RESILIENCE PRESENTATION SERIES

Caring for Ourselves While Caring for Others: Minimizing Burnout and Replenishing Empathy



Nikita Gupta, MPH, RYT

Educator and Resilience Coach

For those professionals who are caregivers, service providers, educators and helpers, empathy can wane as we move through the seasons and cycles in our work. This session will offer a space for participants to reflect on burnout and compassion fatigue, and how they are experienced in our body and nervous system. Participants will explore and practice body-based strategies for restoration and the daily replenishment of our empathy as we care for others while bravely moving through the unknown.

Ms. Gupta is a recognized leader in healing and resilience transformation. As a public health professional and

facilitator, her work is rooted in practices of collective empowerment and social healing for individuals and service-based organizations. She is the founder of the innovative GRIT Coaching Program at the University of California Los Angeles where she served students, staff and faculty for over 10 years.



STRONG
BRAIN INSTITUTE

EAST TENNESSEE STATE UNIVERSITY

DATE: September 21, 2023

TIME: 2 - 3 p.m. (Eastern)

QUESTIONS: sbi@etsu.edu

REGISTRATION LINK: <https://tinyurl.com/2bnmz786>

SCAN HERE
TO REGISTER

