

# empathy and compassion

TWO SIDES OF THE SAME COIN



Jennifer Kilimnik is the Acting Director of Culture & Compassion for the Compassion Network and St. Amant. She believes connecting to our values and purpose brings meaning to each day. She teaches what she has to learn and hopes you will join her on the journey.

Many of us have difficulty differentiating between empathy and compassion. Though distinct, these powerful experiences can often arise in concert with one another. They can bring us happiness and well-being, but can be a challenge to keep in balance. This can impact our capacity to stay connected to our value and deep intention of supporting and caring for others.

Join Jennifer Kilimnik and Andrew Terhoch who will guide participants through a 75 minute workshop that will explore:

- The differences between empathy and compassion.
- Empathy fatigue vs compassion fatigue.
- Understanding and Identifying burnout.
- Meditation exercises to nurture our presence with others.



Andrew Terhoch is part of the Compassion Network as the Spiritual Health Practitioner for the St. Amant community. In his daily work, he supports people of all cultures and backgrounds to nurture the values and practices that are meaningful for them. He began learning about meditation 30 years ago, as a daily practice and a support for anxiety. He continues to explore and practice presence and connection each day through new and traditional teachings.

***This session will include individual reflection & group sharing.***

**WEDNESDAY APRIL 21, 2021 12:05 PM – 1:20 PM**

**FREE WORKSHOP  
TO REGISTER CONTACT**

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