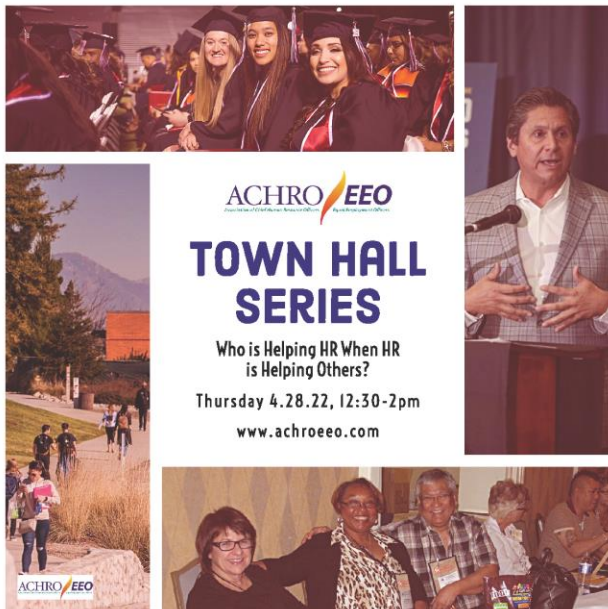




Spring 2022
ACHRO Town Hall Series Discussions
Thursday, April 28, 2022

WHO IS HELPING HR WHEN HR IS HELPING OTHERS?



Resources

- “It’s a Marathon, Not a Sprint” article by Maureen DeArmond/CUPA-HR
<https://acrobat.adobe.com/link/track?uri=urn:aaid:scds:US:1f4973f8-324e-47dd-8a9d-68ed19564a73>
- SHRM-“Avoiding HR Burnout” -
<https://www.shrm.org/hr-today/news/hr-magazine/pages/0703covstory.aspx>
- “Burnout Is a Now A Legitimate Diagnosis” (3:38)-
<https://www.youtube.com/watch?v=GI0BX35BJ-0>
- “How to Handle HR Burnout” (10:45)-
https://www.youtube.com/watch?v=W9ARJ_bX2sI
- <https://extinguishburnout.com/2019/08/19/is-it-compassion-fatigue-or-burnout/>
- <https://www.goodtherapy.org/for-professionals/business-management/human-resources/article/cost-of-caring-10-ways-to-prevent-compassion-fatigue>
- <https://traumaawareschools.org/secondaryStress>

For more resources and continued discussion, please join us at the upcoming
ACHRO/EEO 2022 Fall Institute
October 25-28, 2022
Hyatt Regency Lake Tahoe
Incline Village, NV

And stay tuned for continuing ACHRO/EEO Town Hall training events.
<http://achroeeo.com/>

For questions/comments, please contact:
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