

Workshop Description

Workshop Title: What's Your Recipe?

For Healthcare and Human Service Professionals

Program Description:

In the world of care, compassion is the main ingredient—but over time, even the most dedicated professionals can feel like they're running on empty. What's Your Recipe? is a transformative workshop designed specifically for healthcare and human service providers who are navigating burnout, compassion fatigue, and the constant pressure to show up for others.

Led by cancer survivor, social worker, and nationally recognized burnout speaker Rashad Hayes, this experience invites participants to pause and examine the personal and professional ingredients that shape their ability to serve. Using Rashad's signature Don't Burn Your Cake and CAKE Reset frameworks, this session will guide attendees through a process of reflection, reconnection, and restoration.

Participants will:

- Identify the "heat sources" in their work that lead to stress and exhaustion
- Reclaim their personal and professional values as key ingredients of resilience
- Learn practical, sustainable ways to reset without guilt or burnout
- Leave with a personalized recipe for resilience that they can return to again and again

Through honest conversation, interactive exercises, and moments of powerful self-discovery, this workshop creates space for providers to care for the most overlooked patient: themselves. Because you can't pour from an empty cup or serve from a burnt pan.