



Watson Caring
Science Institute
Regional Caritas
Consortia™

Compassion without Fatigue: The Ripple Effect of Wholeness

March 24, 2025, 6:30 – 7:30 pm EST

Presented by: Christine (Chris) Griffin PhD, RN, NPD-BC, SGAHN, Caritas Coach/Caritas Leader

Exec Director Chief Wellbeing Officer Children's Hospital Los Angeles

In the demanding world of healthcare, nurses often navigate competing priorities, emotional labor, and the persistent pressure to do more with less. In our time together we will pause, honor the often-invisible challenges of caring for others and make visible a new path toward personal and professional wholeness. Through a Caring Science lens, we will illuminate the subtle but profound shift from serving out of scarcity—where depletion, overextension, and self-sacrifice prevail—to serving from abundance, where clarity, self-compassion, and purpose guide our work. Participants will be introduced to the Unitary Caring Science theory guided practices of Pause, Presence, Purpose, and Peace and ask the questions that help cultivate their own wholeness so they can continue to heal others

QR code for Zoom link:



Join from PC, Mac, Linux, iOS or Android:

<https://uhsinc.zoom.us/j/98538752183?pwd=pFEaJmzpkogBzMjeLmqRQmzK5UQZCj.1>