

Conference Resource Guide



**CARE
4YOU[®]
CONFERENCE
2025**

CARE 4YOU[®] CONFERENCE

The conference that cares for those who care for others.

Friday, June 20, 2025

AGENDA



9:00 AM – 10:15 AM ET

Can I Say Something? How Psychological Safety Can Transform Our Workplaces

Presented by Françoise Mathieu, MEd, RP



10:30 AM ET - 11:30 AM ET

You Can't Meditate Your Way Out of a Stressful Job

A Conversation on Real Self-Care with Dr. Pooja Lakshmin

Presented by Pooja Lakshmin, MD, and Françoise Mathieu, MEd, RP



12:30 PM – 1:45 PM ET

One Care: How Caring for Geckos, Gorillas, Yourself, and Each Other is Interconnected

Presented by Sabrina Brando, CEO AnimalConcepts & PhD Researcher



2:00 PM - 3:15 PM ET

Navigating Perfectionism, Stigma, and Shame: A Lawyer-Therapist's Perspective on Staying Well in Trauma-Exposed Work

Presented by Doron Gold, BA, JD, MSW, RSW, CPC



3:20 PM - 4:00 PM ET

Cultivating Moral Courage: CARE4YOU 2025 Closing Address

Presented by Françoise Mathieu, MEd, RP



Can I Say Something? How Psychological Safety Can Transform Our Workplaces

Presented by Françoise Mathieu, MEd, RP

- **The Contributing Factors Framework:** Identifying Your Work-Related Stress, TEND | <https://tendtoolkit.com/contributing-factors-strategy/>
- **The Fearless Organization:** *Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth* by Amy Edmondson, 2018
- **13 Factors Addressing Mental Health in the Workplace**, Mental Health Commission of Canada | <https://mentalhealthcommission.ca/13-factors-addressing-mental-health-in-the-workplace/>
- **13 Factors of Psychological Health & Safety + 2 Factors Relevant to the Healthcare Sector**, Counting Care Safety Association | <https://continuingcaresafety.ca/psychological-health-and-safety/>
- **What Employees Need from Leaders in Uncertain Times**, Timothy Clark, 2024, Harvard Business Review | <https://hbr.org/2024/02/what-employees-need-from-leaders-in-uncertain-times>
- **Podcast interview with Jackie Insinger, 2024** | <https://mediumgiant.co/giant-stories/jackie-insinger/#transcript>
- **Make Waffles, Not Spaghetti**, Karen Eber, 2018 | <https://www.chieflearningofficer.com/2018/01/25/make-waffles-not-spaghetti/>
- **High Conflict:** *Why We Get Trapped and How We Get Out* by Amanda Ripley, 2021
- **Workplace Strategies for Mental Health** | <https://www.workplacestrategiesformentalhealth.com/>





You Can't Meditate Your Way Out of a Stressful Job: A Conversation on Real Self-Care

Presented by Pooja Lakshmin, MD, and Françoise Mathieu, MEd, RP

- **Real Self-Care:** *A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)* by Dr. Pooja Lakshmin, 2023
- **Trauma Stewardship:** *An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky, 2009
- **Silvia Federici** | *The Lockdown Showed How the Economy Exploits Women. She Already Knew*, The New York Times, 2021 | <https://www.nytimes.com/2021/02/17/magazine/waged-housework.html>
- **Audre Lorde** | *Collected Poems of Audre Lorde*, 2000
- **bell hooks** | *The Will to Change: Men, Masculinity, and Love*, 2004
- **Tait Shanafelt et al.** | *Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic*, JAMA, published Online: April 7, 2020 | <https://jamanetwork.com/journals/jama/fullarticle/2764380>
- **Pooja Lakshmin, MD** | <https://www.poojalakshmin.com/>
- **Real Self-Care.com** | <https://www.realselfcare.com/>
- **Real Self-Care Newsletter, Substack** | <https://poojalakshmin.substack.com/>

POOJA LAKSHMIN MD



One Care: How Caring for Geckos, Gorillas, Yourself, and Each Other is Interconnected

Presented by Sabrina Brando, CEO AnimalConcepts & PhD Researcher

- **AnimalConcepts** | <https://www.animalconcepts.eu/>
- **Free resources to help you care for animals and for yourself** | <https://www.animalconcepts.eu/resources>
- **The 5 Second Rule:** *Transform your Life, Work, and Confidence with Everyday Courage*, Mel Robbins, 2017
- **5,4,3,2,1, The Count Down to Success**, Mel Robbins | <https://www.youtube.com/shorts/Czz2qv2kBA0>
- **Arundhati Roy** | *The Cost of Living*, 1999



Helping you care for animals
and for yourself



Navigating Perfectionism, Stigma, and Shame: A Lawyer-Therapist's Perspective on Staying Well in Trauma-Exposed Work

Presented by Doron Gold, BA, JD, MSW, RSW, CPC

- **The Burnout Epidemic:** *The Rise of Chronic Stress and How We Can Fix It* by Jennifer Moss, 2021
- **Self-Compassion:** *The Proven Power of Being Kind to Yourself* by Dr. Kristin Neff, 2015
- **Flourish:** *A Visionary New Understanding of Happiness and Well-being* by Dr. Martin Seligman, 2012
- **Perfect Not the Enemy of Good,** Doron Gold, Law Times, 2019 | <https://www.lawtimesnews.com/archive/perfect-not-the-enemy-of-good/263426>
- **The Age of Overwhelm:** *Strategies for the Long Haul*, Laura van Dernoot Lipsky, 2018
- **The Contributing Factors Framework:** Identifying Your Work-Related Stress, TEND | <https://tendtoolkit.com/contributing-factors-strategy/>
- **The Lawyer Therapist.ca** | <https://www.thelawyertherapist.ca>
- **Mental Health and Wellness in the Legal Profession,** a national self-learning program designed to provide Canadian lawyers, judges and law students education, supports and resources to assist them in understanding mental health and addiction issues | https://mdcme.ca/course_info/stigma_legal

DORON GOLD, BA, JD, MSW, RSW, CPCC

The Lawyer Therapist

Counselling for Lawyers, Judges & Other Professionals



Cultivating Moral Courage: CARE4YOU 2025 Closing Address

Presented by Françoise Mathieu, MEd, RP

- **National Indigenous Peoples Day** | <https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1708446948967>
- **Four A's to Rise Above Moral Distress**, Association of Critical Care Nurses | https://www.emergingrnleader.com/wp-content/uploads/2012/06/4As_to_Rise_Above_Moral_Distress.pdf
- **Moral Courage** by Rushworth M. Kidder, 2006
- **Jordan Sook**, artist | <https://www.jordansook.com/>
- **Martha Steele**, artist | <https://www.instagram.com/martharuthsteele/>
- **Between What's Right and What's Possible**, TEND Continuing Education Session, Wednesday, September 10, 2025 | <https://www.tendacademy.ca/continuing-education/>

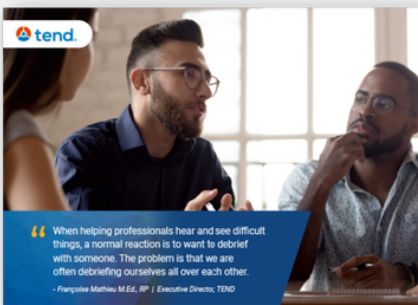


A Library of Tools for Helping Professionals



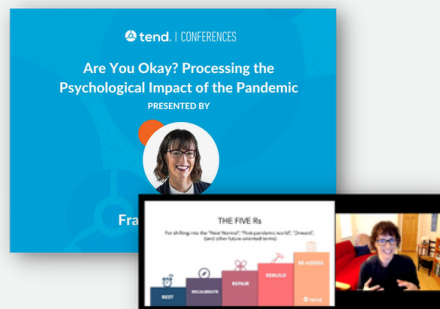
The TEND Toolkit is a **searchable database** of resources, strategies, and education to support helping professionals working in complex workplaces.

What's in the Toolkit?



STRATEGIES

Best practices to manage before, during, and after difficult work.



VIDEOS

Topics include burnout, secondary traumatic stress, chronic stress, and more.



RESOURCES

100+ recommended resources for further learning.

How to Access:

- 1 Visit www.tendtoolkit.com
- 2 Click **GET ACCESS**
- 3 Search **free resources** or purchase a subscription for \$99 CAD/year

“Simple is good. Simple doesn’t mean it’s not powerful. Practicing simple strategies throughout your day can make a big difference.

Small and often is the key.”

- Diana Tikasz, MSW, RSW

» **GET STARTED**