

Emotional Intelligence in Palliative Care Knowledge Seminar Series



This exclusive Knowledge Seminar Series, hosted by Nadine Valk, Integral Professional Coach™ and palliative care expert, focuses on building the skills, knowledge, and attitudes foundational to the Canadian Interdisciplinary Palliative Care Competency Framework. Each session integrates Emotional Intelligence (EI) to strengthen the attitude component, empowering healthcare providers to deliver emotionally intuitive, high-quality care.

Why Attend the Series?

- Strengthen your skills, knowledge, and attitudes for effective, compassionate palliative care.
- Gain insights from leading experts and palliative care specialists.
- Enhance your emotional intelligence skills to foster resilience, empathy, and meaningful connections in your daily practice.

December 10, 2024 | 12:00 pm–1:00 pm ET

Navigating Your River of Well-Being

Learn to sustain your emotional health, recognize compassion fatigue and navigate your river of well-being to continue delivering high-quality, compassionate care without compromising your health and wellness.

Tara Cohen, a Registered Social Worker, psychotherapist, and mindfulness instructor, brings her deep expertise in supporting individuals and families through the complexities of illness, dying, and grief. With extensive experience in health systems planning and private practice, Tara will guide you in creating a sustainable self-care plan to effectively navigate your “River of Well-Being” to recognize and manage compassion fatigue.



[Register for this session](#)

January 8, 2025 | 12:00 pm–1:00 pm ET

Communication Readiness—Reframing Difficult Conversations

Transform challenging conversations into opportunities for meaningful connection by learning structured, compassionate communication strategies.

Jennifer Campagnolo, National Clinical Specialist and Project ECHO Lead with the Canadian Home Care Association, will share the new and innovative Be Prepared Conversation Guides. These tools support readiness for palliative care emergencies and provide guidance on structured approaches to effectively engage caregivers and patients in challenging conversations. Delve into the ‘three levels of listening,’ address emotional cues and develop strategies for delivering difficult news with sensitivity, and manage emotional reactions during high-stakes.



[Register for this session](#)

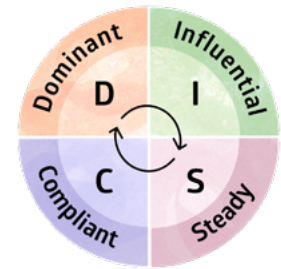
January 23, 2025 | 12:00 pm–1:00 pm ET

Adapting Your Communication Style—Talking to Kids About Serious Illness and Loss

Develop the skills to guide families in having honest, age-appropriate conversations with children about illness and loss, creating understanding and emotional resilience.

Nadine Valk and our guest speaker will bring invaluable expertise in adapting communication to meet the unique needs of children, helping you connect with families during challenging times. The session will explore the DISC model for practical approaches to building trust and connection, using emotional intelligence skills like social awareness and adaptability.

[Register for this session](#)



February 19, 2025 | 12:00 pm–1:00 pm ET

Communication and Shared Decision-Making

Discover how empathetic communication and shared decision-making can align care plans with patients' values, improving their experience and outcomes.

This session features subject matter experts in integrating patient values into care planning. It delves into the emotional intelligence skills of decision-making and reality testing. Learn how emotions influence care choices and discover communication strategies that foster trust, clarity, and alignment with patients' goals.

[Register for this session](#)



March 19, 2025 | 12:00 pm–1:00 pm ET

Attending to Grief and Loss – Empathy in Action

Build the skills to support families, colleagues, and yourself through grief and loss, fostering healing and emotional resilience.

Nadine Valk and our guest speaker will draw on his extensive experience supporting individuals through grief and bereavement. You'll learn to identify emotional cues, evaluate the intensity and impact of feelings, and reframe overwhelming emotions into manageable ones to support patients, families, and colleagues.

[Register for this session](#)



Join the **Knowledge Seminar Series** to enhance your palliative care competencies, deepen your emotional intelligence, and empower compassionate, patient-centred care in every interaction.

[Register for this exciting Knowledge Seminar Series](#)

[Check out the CHCA's Be Prepared Conversation Guides and Emotional Intelligence Practice Aid](#)



Canadian Home Care Association

Established in 1990, the Canadian Home Care Association (CHCA) is a national non-profit membership association dedicated to advancing excellence in home and community care. Our eiCOMPASS Project aims to empower home care providers to deliver emotionally intuitive, competency-based palliative care. We are enhancing the skills of frontline providers and improving team-based care that is compassionate, responsive, and person- and family-centred. [CHCA Website](#) / [X](#) / [LinkedIn](#)

