

# Resilience Strategies for Educators:

Techniques for Self-Care and Peer Support

Train-the-Trainer

TRAININGS BY REQUEST

## ProQOL: Professional Quality of Life Measure

### *What is the ProQOL?*

- A free, 30-item self-report measure of the positive and negative aspects of caring
- The ProQOL measures Compassion Satisfaction and Compassion Fatigue

### *What are its origins?*

- The ProQOL is the most widely used measure of the positive and negative aspects of helping in the world
- It has been used for over 15 years, and was developed with data from over 3000 people

### *How is it administered?*

- The ProQOL can be given individually or in groups, online or by hard copy
- It can be self-scored

### *How is it scored?*

- Scores on individual scales tell about a person's responses on each of the constructs
- Viewing the combination of scores helps "paint a picture" of what the person is saying
- Scores can be used to assess an individual's Compassion Satisfaction and Compassion Fatigue levels

### *How can results be used?*

- Resiliency planning:
  - The ProQOL can be used as information for discussions and planning
  - For individuals, the ProQOL can help you plan activities to increase resilience
  - For organizations, the ProQOL can help find ways to maximize the positive aspects and reduce the negative aspects of helping

Source: [www.ProQOL.org](http://www.ProQOL.org)

*The contents of this workbook were developed under a contract from the United States Department of Education, and you should not assume endorsement by the federal government.*