



# Self-Care & Wellness



Instructor-led. Virtual and in-person options.

**Although we may realize that self-care is important for our wellbeing, many of us make excuses or find it difficult to overcome barriers to adapting personal self-care practice.**

**Learn about what self-care is, and how, it positively impacts our health and well-being, and discover how to set personal goals for ongoing self-care during difficult times.**

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## LEARN HOW TO:

1. Recognize the importance and benefits of self-care
2. Review basic self-care practice
3. Explore positive lifestyle and self-care practices that they want to adopt
4. Identify obstacles to self-care
5. Plan and set goals for ongoing self-care

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## SESSION DETAILS:

- Half-day workshop
- Instructor-led, either in-person or virtually
- Tip sheets and resources to use in real-life situations
- Participants receive a certification upon completion
- Delivered by certified, experienced trainers

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## DESIGNED FOR:

- Front-line service staff
- Supervisory staff
- Managers