



UNDERSTANDING & UTILISING SELF-CARE

Are you feeling:

- tired
- demotivated
- negative
- emotional
- stressed

Then this workshop is for you!!

Self-Care, the building block to happiness and health!

WHAT IS IT ABOUT???

A workshop focused on teaching you self-care techniques and strategies.

Also focuses on Burnout and compassion fatigue.



Start taking care of yourself, you are worth the investment.

HOW WILL YOU BENEFIT???

This workshop will improve your relationships, increase your productivity, and help you decrease stress.



T: +27 51 401 2537 | E: NiemanCL@ufs.ac.za | www.ufs.ac.za

[f UFSUV](#) | [t UFSweb](#) | [u UFSweb](#) | [i ufsuv](#)

Inspiring excellence.
Transforming lives.

HOW CAN YOU PARTICIPATE?

OPTION 1

Contact us to present the workshop face-to-face or virtually for you and your team.

OPTION 2

Download this workshop on our website at:
<https://www.ufs.ac.za/supportservices/departments/human-resources-home/od-employee-wellness/2021-well-being-initiatives>

CONTACT DETAILS:

Carmine Nieman
(OD & Employee Well-being Specialist)

niemancl@ufs.ac.za
051 401 2537

