



THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A CARING WOMAN

TAKING CARE OF YOURSELF

Do you want to know how to take care of yourself to avoid burnout and fatigue?



#UFSWomen

TAKING CARE OF OTHERS

Do you want to make someone else happy by doing something small for them?



BE ON THE LOOKOUT FOR COMMUNICATION REGARDING THIS

An online pre-recorded workshop for you to watch on your own time and in your own space. Visit our website to watch this workshop:

<https://www.ufs.ac.za/supportservices/departments/human-resources>

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