

We Salute

Our women of quality Our women making an impact Our women who care



#UFSWomen

# 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?





### 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/hu man-resources

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UFS ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING

Inspiring excellence. Transforming lives.