



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.

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

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Inspiring excellence, transforming lives through quality, impact, and care.