

Self Care

Is a Self-Protection Strategy



Self-care is a proactive self-protection strategy to ensure we are resilient enough to deal with these stressful and uncertain times. Embracing self-care habits will help you to focus and concentrate when it matters, and rest and rejuvenate when it's needed.

During this session you will learn:

1. The five 'non-negotiable' boundaries you should put in place to improve your mental health and ability to cope with setbacks.
2. How to set up your morning with a structure that enables you to approach upcoming challenges with a clear head.
3. How to finish your day by effectively switching off to allow your brain and body to refresh and reboot.

