



**Member training:**

## **Self-Care: Small Changes for Positive Results**



### **December featured training**

**Self-Care: Small Changes for Positive Results.** Many people feel that they have to put other people's needs before their own. But putting aside our own needs is a trap we can easily fall into with ageing parents, young children or dependents relying on us. When we think about it our health and happiness are the basic foundations of our life and – just like a house – if the foundations are wobbly so too is the rest of the structure. Once you've grasped this fact you then turn to: 'but when do I have time!?!'. We get it. In this module we address both these issues; the need for self-care and the time you can find to do it.

#### Learning Points

- Learn why you need to care of yourself, just a little bit more
- Explore the multiple ways that you can integrate self-care into your everyday life
- Know how to build a self-care plan for yourself
- Discuss how to encourage others to build their own plan for self-care

Register for a live 1-hour training session or use the on-demand option to watch the training when it's convenient for you. Training options are in English and available globally.

<p><b>Recorded sessions</b> On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary</p> <p><a href="#"><u>here</u></a></p>	<p><b>4<sup>th</sup> December</b> 7-8 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>5<sup>th</sup> December</b> 1-2 AM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>10<sup>th</sup> December</b> 1-2 PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>11<sup>th</sup> December</b> 11 AM-12 PM Central Standard Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
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**Space is limited for the live training session options, so advance registration is required.**

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