

SELF-CARE

*That closest to Me is I
yet it evades Me but for the uniquely human complexities of Me*



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INTERACTIVE SEMINAR ON EMOTIONAL WELLBEING

Physical and mental wellbeing are equally important and interdependent

Each of us will experience poor mental health at some point in our lives

This iseminar offers insights in to many aspects of Self-care

What wellbeing is

Personal authenticity

Defensive avoidance

Wishful narratives

Poor mental health

Empathy

Relationality of self-care

Physicality of emotional pain

Acceptance and forgiveness

Humanising the self

The reparative

Delivering seminar to:
Employees of businesses
Charities
Schools (yr 9+)
Teaching Staff

SESSION DURATION: 90 MIN

For session Booking/Availability



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