**SELF-CARE IN HEALTH CARE**


# DATES

FEB: 15th or 27th

MAR: 1st, 5th, 29th

MAR: 23rd

**TIME COMMITMENT**

* 4-hour workshop, 8.00am – 12.00pm or
* 1-hour lunch-time talk 12.30 – 1.30pm

**PRE-WORKSHOP**

* On-line Questionnaire
* Book your place through **PALs**

**Stress and Burnout Prevention Strategies For People Working in Health Care**

**NEW!**

**As a result of the BIG LISTEN**

**Drop-in Lunch-time Talks**

**4-hour Workshops**

**OUTLINE**

* Identify the sources, symptoms and psychology of stress and burnout and why it effects people differently.
* Explore the impact of self-beliefs and habits and how they can keep us locked into unhelpful stress-inducing behaviours.
* Harness the power of constructive self-talk to improve reactions, recovery and resilience.
* Workshop practical strategies to reduce the symptoms of burnout including: reframing, perceiving time, managing emotions, mental simulation, stilling the mind, energy-management and quick relaxers
* Discuss peer support and how a team -wellbeing culture that prioritises collaborative-care can boost performance.

INNERVATE is an international training organisation working to enhance personal and professional performance in individuals, teams, and organisations. Innervate researches, designs and delivers seminars, workshops, coaching, resources and on-line courses. To find out more, please visit:

**www.innervate.co**

*Self-care in Healthcare is a fantastic workshop - I would highly recommend it. I found this really helpful for work stress and my general mental health - and lots of ideas to use with clients*!

Clinical Psychologist, Te Harakeke Child, Adolescent & Family Service, Hawkes Bay DHB.

***Invest in Yourself***

***Invest in Your Team***

The ***Self-Care in Health Care*** programme provides all healthcare workers with an opportunity to learn **context-specific strategies** to better understand, cope with, and **reduce workplace stress and the symptoms of burnout.**

**Places are limited to 20 people. Your facilitator for the day is**

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