

Wellness Series

SELF-CARE AND WELLNESS



Although we may realize that self-care is important for our wellbeing, many of us make excuses or find it difficult to overcome barriers to adapting personal self-care practices. In this workshop, participants will learn about what self-care is and how it positively impacts our health and well-being. Participants will review the impact to those around us when we care for ourselves and set personal goals for ongoing selfcare during these difficult times.

WHO SHOULD ATTEND

- Everyone!

SESSION DETAILS

- Two-hour virtual workshop

COURSE COMPONENTS

- To identify what self-care is and why it is important
- Identify the benefits and examine self-care
- What gets in the way of self-care for you?
- Share self-care strategies
- Develop an actionable personal plan

RESERVE YOUR SESSION NOW!

FOR MORE INFORMATION OR TO RESERVE YOUR SESSION, CONTACT US TODAY:
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