

Self-care Matters

How to look after yourself whilst integrating work and life

To support our colleagues, friends and family, we can't afford to neglect ourselves. In order to feel balanced, productive and creative, we are trying to manage time, stress, guilt, uncertainty and successfully prioritise ourselves and our ability to recharge. This session provides practical tools to help employees be the very best, most authentic version of themselves whilst juggling competing priorities and identities, so that they really can bring their whole self to work and be there for their family.

Session Outline

- Happiness and life satisfaction
- Identity & mind-set
- Managing anxiety, stress & guilt
- Self-care
- Practical tools for good mental health

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Opportunity to ask questions



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.