

SELF-CARE THROUGH COVID-19 & BEYOND

To support our families during this difficult period, 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
- Open forum for questions and discussion

RACHEL VECHT (SPEAKER)

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 19 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools and offers one-to-one consultations to parents globally.