

# Wellbeing Webinar

*Introduction to self awareness and self care*

Join us for this webinar to learn more about self awareness and self care, two of the biggest enablers towards positive mental health and wellbeing!

1. Why are they important?
2. What do they mean?
3. Are they connected?
4. How do they apply to me?
5. What can I do to get better at them?

At the end of this session you will:-

1. Understand the cbteach approach
2. Recognise the 7 stages of thinking and doing
3. Begin to use this to be more aware
4. Understand awareness versus control
5. Be able to link mindset, optimism and resilience
6. Understand the importance of self care
7. Be able to build your own wellbeing plan

**We look forward to welcoming you to the session!**

Your organiser will be in touch to provide the date, time and joining instructions. There will be time for Q&A afterwards.