

When the going gets tough!Top tips for resilience and wellbeing

This webinar will increase awareness of the importance of resilience, the roles played by emotional intelligence and assertiveness along with techniques to use in all three areas.

Click <u>HERE</u> to register your interest.

Please note priority will be given to delegates who work in a

Lancashire or South Cumbria based practice.

After the 9th April places will be opened up to other areas.

Tuesday 20th April 2021 18:30 to 20:00 Registration from 18.15 1.5 hours eCPD Cost - FREE (£30 non attendance fee applies)