



## When the going gets tough! - Practical 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>

for further information and to book your place

Tuesday 8th February 2022 18:30 to 20:00 Registration from 18.15

1.5 hours eCPD