

# Looking After You Looking After Them - Setting Boundaries

Looking After You Looking After Them is a series of Mental Health and Wellbeing webinars that covers different aspects of mental health and how to keep the dental team supported.

Do you find yourself being undervalued; do you struggle to say no? This webinar will look at practical ways, and language to use, when setting the boundaries that support your values

**Speaker:**

**Kiaran Weil BDS, MPhil**

Tutor of personality, communication, assertiveness & resilience skills to FDs/GDPs/DCPs.

**Wednesday 24th January 2024**  
**18:30 to 20:00**

For further information and to book a place on this and other courses please visit  
[www.maxcourse.co.uk/henw](http://www.maxcourse.co.uk/henw)



**1.5 hours ecpd**

This webinar is fully subsidised.  
If you book a place and fail to attend you will be charged the full cost of £30