

# Looking After You Looking After Them - Stress Management

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.

This webinar will look at stress management and the available strategies to help.

**Speaker:**

Kiaran Weil BDS, MPhil

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

Tuesday 20th February 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