

Living Well and Working Together: Taking Care of Your Mental Health at Work

**Wednesday 28th January
2026
18:30 to 20:00
Registration from 18.15**

This webinar explores practical self-care strategies and how Cognitive Behavioural Therapy (CBT) can help you manage stress, improve well-being, and stay productive.

Speaker:

**Johnny Morton is a fully BABCP accredited
Cognitive Behavioural Psychotherapist
(BABCP) and clinical supervisor**

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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