

DIGITAL WORKSHOP SERIES

Wellness at Work



SMALL GROUP SIZES FOR ONE-ON-ONE SUPPORT!

This 4 part digital workshop will empower you to develop your emotional intelligence at work, explore causes of compassion fatigue and maintain your passion for your career, investigate ways to build your resilience and develop a self-care plan to ensure you are replenishing your wellbeing.

ONLY
**\$150 ea or
\$498 full series**

PRICES IN AUD

About Each Workshop

1. Emotional Intelligence and Me



Emotional intelligence is strongly influenced by personal qualities such as perseverance, self-control and the ability to comprehend and harness human emotions. This session will help you understand and harness the intrapersonal skills of self-awareness and self-regulation.

2PM AEST/ 12PM AWST, WEDNESDAY 27TH MAY

3. Resilience, Wellness and Self-Care



Resilience is our ability to respond to and adapt to stress and change. This digital workshop will empower you with the tools to understand resilience, develop wellness strategies for self-care and establish healthy and supportive routines for the future.

2PM AEST/ 12PM AWST, TUESDAY 9TH JUNE

2. Emotional Intelligence and Others



Just as it is critical to understand ourselves, emotional intelligence is about understanding and responding to others. This digital workshop will empower you with the knowledge and skills to harness the interpersonal skills of social awareness and empathy.

2PM AEST/ 12PM AWST, TUESDAY 2ND JUNE

4. Maintaining Your Passion



Even outside of the current pandemic, veterinary medicine can be mentally, physically and emotionally draining. That is why it is essential that we have the tools to maintain our passion for our career. This workshop provides you with tools to maintain your passion in the veterinary industry.

2PM AEST/ 12PM AWST, WEDNESDAY 17TH JUNE

Register Today!

Visit www.bit.ly/CCG-WaW to secure your place.

Receive **5% off** when you buy 2 workshop sessions.
Receive **10% off** when you buy 3 workshop sessions.
Receive **17% (\$102AUD) off** when you buy 4 or more workshop sessions.

*Maintaining our distance,
but still right by your side.*

Practical workshops,
facilitated in the cloud.

