



Stress Management and Self-Care

What does this event cover?	A session that focuses on stress management and coping strategies for staff. This is a safe and confidential space where staff are able to reflect on current and past challenges and receive practical guidance and support around their wellbeing. Staff only need to share what they are comfortable with. Please join the session from a private and uninterrupted space.
Who is this event for?	Primary and Secondary Schools
Sessions	1
Date & Time	Wednesday 3rd November 2021, 16:00 - 17:00
Event Category	Camden Learning - Health and Wellbeing / Camden Learning - Health and Wellbeing
Target Audience	All School Staff
Tutor(s)	Naila Hirani
Venue	Virtual CPD Session
Event Code	CAM09/15708

Visit us now for further information, costs and to book your place on this [event](#)