



## Stress Management and Self-Care

<b>What does this event cover?</b>	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.
<b>Who is this event for?</b>	Primary and Secondary Schools
<b>Sessions</b>	1
<b>Date &amp; Time</b>	Thursday 9th December 2021, 16:00 - 17:00
<b>Event Category</b>	Camden Learning - Health and Wellbeing / Camden Learning - Health and Wellbeing
<b>Target Audience</b>	All School Staff
<b>Tutor(s)</b>	Naila Hirani
<b>Venue</b>	Virtual CPD Session
<b>Event Code</b>	CAM09/15725

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