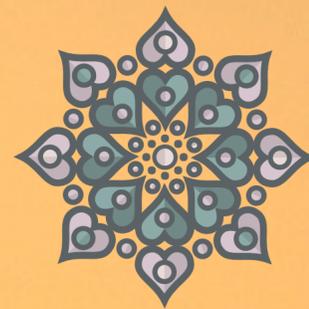


Cardiff & Vale APB

Achieving better substance misuse outcomes



• *The Ultimate Coach* •  
MENTOR CONSULTANT COACH

# 'FALL IN LOVE WITH TAKING CARE OF YOURSELF'

'Taking A Step Back'

a workshop to explore how our  
professional life is impacting our own  
personal happiness



Llywodraeth Cymru  
Welsh Government

## **Take a Step Back and consider the impact that working within health and social care is having on your health and wellbeing and refresh your resilience skills to remember why you are here.**

There is more and more evidence emerging to show that, increasingly heavy workloads within health are becoming common practice and a contributing factor to the number of people developing severe depression, fatigue, anxiety and turning to alcohol and substance misuse to cope with the pressures and deal with stress.

Using a mixture of Positive Psychology, Emotional Intelligence and practical application, this interactive and engaging workshop explores how our professional life is impacting our own personal happiness. Together, we will Take a Step Back and consider the impact that working within health and social care is having on you and your identity. We will explore factors that influence personal satisfaction and happiness, using interactive activities so that your role remains enjoyable and something you are passionate about.

### **Workshop Learning Outcomes:**

- Explore areas of personal satisfaction and happiness
- Examine the impact that your professional role is having on your happiness
- Discover personal resilience to grow, thrive and succeed

The tools used within this training, whilst focused on helping you and your team, can be transferrable and used with service users too. In fact we have reserved one of our dates especially for peer mentors so that we can all spread the word that we deserve to be happy and expect more from from life!!

### **Workshop Dates:**

There are 4 half days available:

- Wednesday 30th May 9am - 12.30pm
- Thursday 21st June 1-4.30pm (service users/ peer mentors only)
- Monday 2nd July - 1-4.30pm
- Wednesday 1st August 9am -12.30pm

**To book your space on one of our training dates please email your booking form to Charlotte Hopkins on [charlotte@kinbee.co.uk](mailto:charlotte@kinbee.co.uk) or for more information contact 07415 806225.**

Make sure you book on (spaces are limited per workshop) and you will need to bring your booking confirmation to attend.

"With over 20 years experience supporting 'people helping people' I am excited to be delivering this workshop to you. Together, we will explore what makes you tick, how you can love your job again and avoid the fatigue and boredom that comes with a long career in one area! I will really look forward to meeting you soon" Charlotte