

WORKSHOP OPPORTUNITY

Looking after ourselves, looking after others

The first Canterbury Safety Charter Health and Safety Leadership Group workshop for 2021 is “**Looking after ourselves, Looking after others**”.

Health and Safety representatives and professionals spend a lot of their time looking out for others, so how can we best look after ourselves to enable us to do our jobs more effectively.

This interactive workshop will look at a few key things we can all do to make our work and lives less stressful, more satisfied, and empowered.

Facilitated by Marina Shearer, the 90-minute workshop will cover;

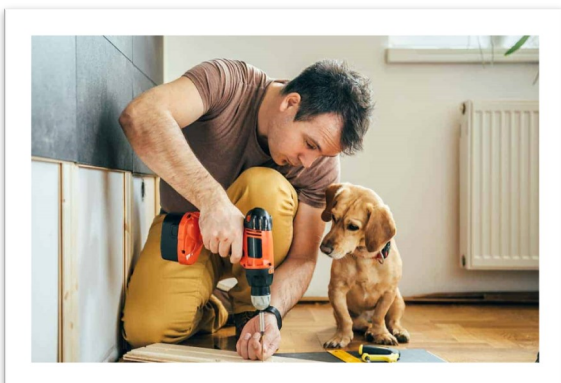
A 90 minute workshop to inspire and empower

- ✓ education
- ✓ activities
- ✓ brain storming
- ✓ sharing

- Values: the trajectory of your life
- The Johari Window through a wellbeing lens
- The mindfulness principle of RAIN
- A W.E.L.L. life
 - * Weight
 - * Exercise
 - * Lungs
 - * Liver
- What you can measure you can manage

“The key is not to prioritise what’s on your schedule, but to schedule your priorities”

Stephen Covey



Tuesday, 23rd February 2020

Select which workshop you would like to attend

[Workshop 1](#): —8am—9.30am

[Workshop 2](#) : 10.30 am—12noon

To be held at

Trade Union Centre, 68 Langdons Road, Papanui,

www.safetycharter.org.nz