

# Caring for Yourself When You Care for Others

**Date:**

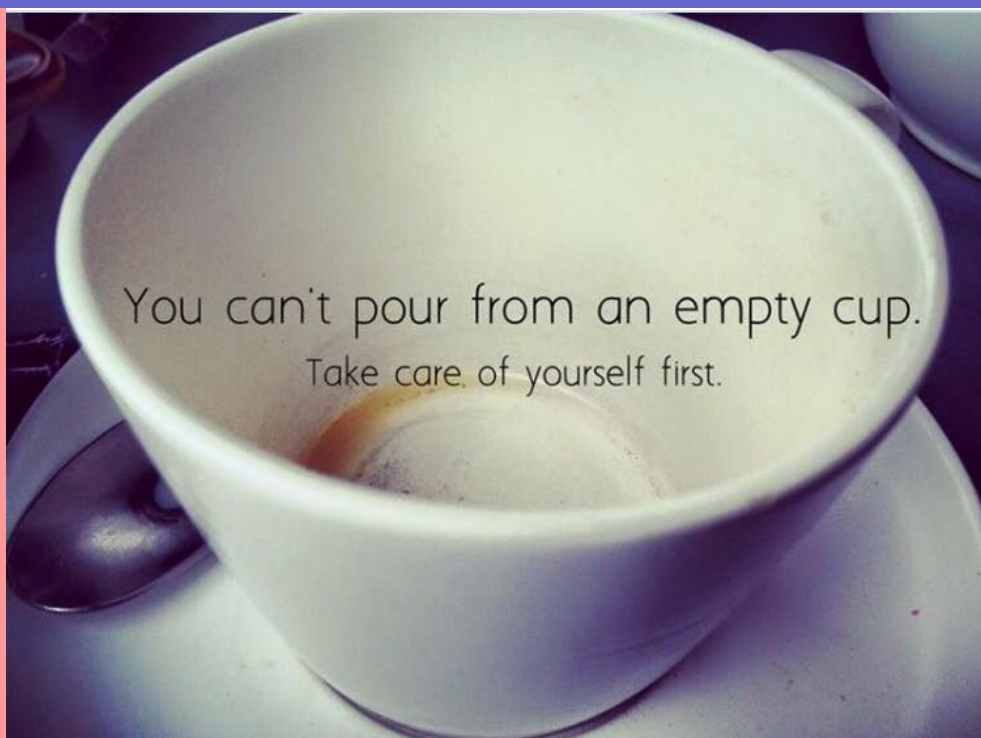
**Thursday 2nd April  
2020**

**Time: 09.30-17.00 hrs**

**Fee: €100**

**Venue: Centre for  
Continuing Studies,  
St. Francis Hospice,  
RAHENY**

**Accreditation from  
NMBI and IASW**



*"For me, self-care is about awareness and reflection of practice, conscious use of self, care for one's own spirit, resiliency, and coming to work well-nourished emotionally, spiritually and physically." (Renzenbrink, 2011)*

This one-day workshop is suitable for all those working in the healthcare sector who understand the need for and importance of self care.

Subjects to be explored include:

- The why and how of self-care
- Improving our self-awareness
- Nourishing our own spirituality
- Reflection
- Exploring mindfulness exercises

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