



Bringing Self Care to Life

Workshop for Employees in Education

During this session, participants will identify the value of self-care. They will brainstorm ideas of what self-care can look like as well as obstacles that may get in the way. By the end of the session, participants will create a personalized self-care plan.

Learning Objectives Include:

- Explore self-care and effects on mental, physical, emotional & environmental well-being
- Examine personal barriers to self care
- Identify the personal benefits making self-care a priority
- Develop a self-care plan that nourishes life areas where you need it most

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations.

Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.



Sign Up

FEBRUARY 22ND, 2023

3:30PM- ONLINE

Session Duration: 45 minute workshop + interactive exercises

A recording will be made available for those unable to attend.