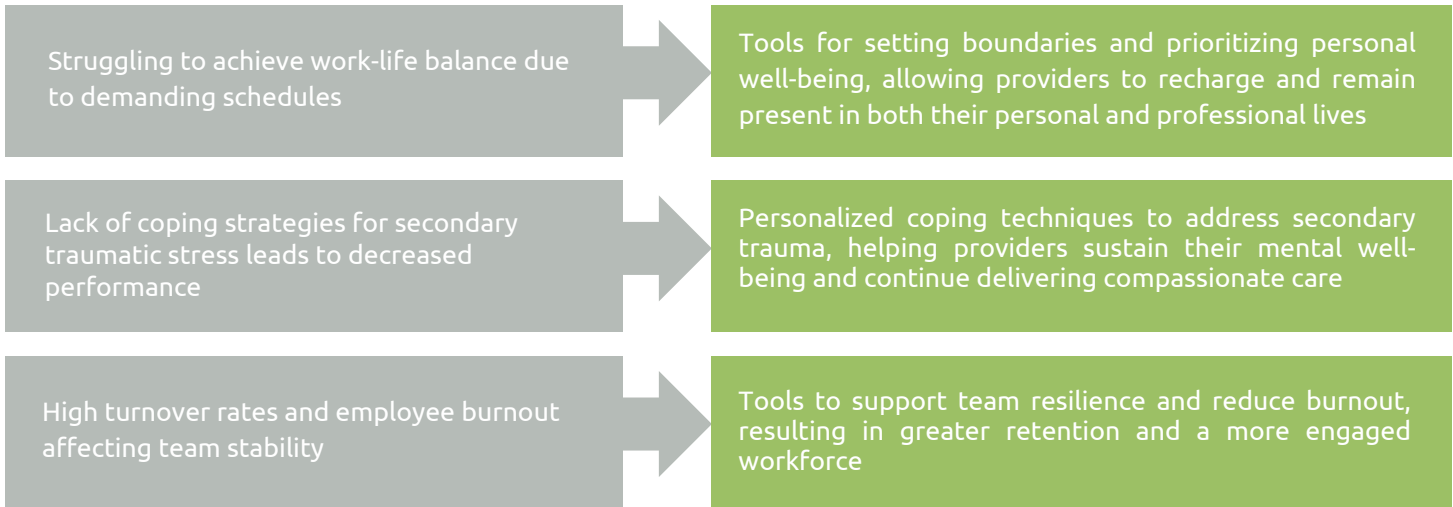





Strategies for Well-being

Save your staff from stress and burnout. Wellbeing practices like mindfulness and community engagement enhance resilience and improve patient outcomes, resulting in higher job satisfaction and lower turnover.

Strategies for Well-Being Workshop/ Webinar Series



Why CCMI?

-  **Flexible format**
To fit into busy schedules. Choose an in-person workshop or a webinar series.
-  **Practical skills**
Interactive activities to build the skill to apply in real case scenarios.
-  **Admin support**
Our expert admin team handles every workshop detail, so you don't have to.
-  **Continuous learning**
Printable handouts and online resources to make the impact last.
-  **Quality learning**
Learn best practices from industry experts, learner-centred materials

Did you know?



27.3%

of health and social care workers experience high/very high stress levels

Learner Feedback

"I love the concept of giving ourselves permission to care for ourselves, and exploring what that looks like. These skills first applied to myself will pour out into the practice and service."

"I like that we got to interact with each other and it wasn't just sitting there listening."