

# Self-Care: How to be a sustainable practitioner

**WHEN** Tuesday, September 7th 2021  
7:00 PM – 8:30 PM

**WHERE** Online

**COST** Free



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and [registration details](#)

With the goal of helping practitioners achieve balance both professionally and personally, this webinar will outline how to develop a practical self-care plan that includes clear outcomes and avenues for feedback from various individuals in a practitioner's life including family, friends, clients, and colleagues.

Prior to the webinar, attendees are invited to complete a short exercise comprising of four questions to reflect on their current self-care practice. After the webinar, attendees will be sent the same questions so they can reflect on their learnings and how they will manage self-care in the future.