

SUPPORTING
RESOURCES

Preparation activity: How to be a sustainable practitioner

Before attending the self-care webinar, please take some time to consider the following questions:

- What are all of your current personal and professional roles?

- How do you currently manage your own health?

- Who do you currently receive feedback from and how do you respond to it?

- In terms of what resources you need to live and work better, what is missing?
