



**Member training:**

**Self-Care: Small Changes for Positive Results**

**December featured training**

**Self-Care: Small Changes for Positive Results**. Many people feel that they have to put other people’s needs before their own. But putting aside our own needs is a trap we can easily fall into with ageing parents, young children or dependents relying on us. When we think about it, our health and happiness are the basic foundations of our lives and, just like a house, if the foundations are wobbly, so too is the rest of the structure. Once you’ve grasped this fact, you then turn to: ‘but when do I have time!?’. We get it. In this module, we address both of these issues; the need for self-care and the time you can find to do it.

Learning Points

* Learn why you need to care for yourself, just a little bit more
* Explore the multiple ways that you can integrate self-care into your everyday life
* Know how to build a self-care plan for yourself
* Discuss how to encourage others to build their own plan for self-care

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/e73ec7fc69f5103db36f2a8d649acefc/playback)**  **Short of time?**  Watch the  10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/bca1765b69ff103dbfc7e2a5b0ab2de7/playback)** | **4th December**  1-2 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000XF6jYAG) | **5th December**  7-8 AM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000XF8LYAW) | **10th December**  7-8 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000XF9xYAG) | **11th December**  5-6 PM GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000XFBZYA4) |

**Space is limited for the live training session options, so advance registration is required.**

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