

FREE REFLECTIVE PRACTICE WEBINAR

FOR HEALTHCARE STAFF

During this webinar we will explore the merits of **undertaking reflection**; with emphasise on how it can protect our professional well-being, **build resilience**, and **mitigate against burn out**.

Will will cover both the theoretical and practical aspects of engaging with reflective practice.

12:30 TO 13:10
17TH APRIL 2024

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