

don't forget
to take
care of
yourself!

Are you tired? Drained?

Emotionally depleted?

Had a long year?

*A very effective workshop for
the end-of-the-year-tiredness,
especially in our occupation
where we always take care of
others and not ourselves.*


*You will be equipped to put this
Self-care Model to practice
(personal, family, workplace).*



SELF
CARE
ISN'T
SELFISH

 <https://themustardseedwithin.co.za/>

 <https://www.facebook.com/themustardseedwithin>

 <http://www.youtube.com/chanel/UCeBJRsLEjpM7rIF1Ln3F6yQ>

Presenter: Janine Vorster

- *Social worker in private practice*
- *Blind*
- *Rare auto-immune disease*
- *Breast cancer survivor*
- *Motivational speaker*

*CPD accredited online workshop
SACSSP 6 points CPSC pending
Two online sessions via Zoom (total of 9
hour)*

*Day 1: Thursday 2 December 2021
08:30 - 13:00*

*Day 2: Thursday 9 December 2021
08:30 - 13:00*

R520 (e-manual included)

*E-mail: jvorstertraining@gmail.com to
register before or on 26 November*

*I am there because I care
Implementation of an
integrated Self-care*



The *Mustard Seed* Within



1. Physical

2. Psychological



3. Thoughts

4. Relationships



5. Work

6. Finances



7. Spiritual

I am there because I care

*Implementation of an integrated
Self-care model*

