



SELF CARE

...WHEN DEALING WITH DIFFICULT CUSTOMERS

Two-hour session for those who would like to improve self care when their work involves communicating with challenging or difficult customers or clients.

The sessions will provide practical strategies to optimise mental health and wellbeing and impart skills in self assessment, monitoring, defusing, communication, limit setting and self-care.

Cost: \$400 for 2 hour session (limit of 15 staff members per session)