Australian Nursing & Midwifery Federation
Continuing Professional Education

This is to certify that

Caleb Fellowes

completed an online educational tutorial and assessment with the

Australian Nursing and Midwifery Federation

on 23rd December, 2020

Power of Calm

This course is designed to change the way you think about stress and equip you with the perspectives and skills to identify when it is acting as a barrier to health, wellbeing and performance outcomes.
Bring a little extra calm, clarity and balance into daily life.
A better understanding of the impact of stress on an individual's health and wellbeing.
Understanding what stress is and how it affects us.
Why stress is a danger to our health and wellbeing.
How we can begin to effectively address stress.

3 CPE Hours

Federal Education Officer

www.anmf.org.au/cpe