

Certificate of Completion

THIS CERTIFIES THAT
CALEB FELLOWES

has participated in the following education session:
Emotional Resilience - 7 Step to building Resilience

Presenter Dean King

In this session you will:

- Gain a deeper understanding of stress, burnout and compassion fatigue
- Be able to reflect upon research into stress
- Be able to identify their own stress response
- Learn strategies for preventing stress and building resilience

Completed on

05 April 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

In this webinar, we will explain why there is an epidemic of disruptive and bad behaviour among our peers and colleagues and why it's even more important to practice self-care and to be able to build your emotional resilience.



Cheryl Dezotti

Director of the Nursing CPD Institute

Certificate #264615 issued by the
Nursing CPD Institute

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