

## Self-Compassion: Create Your Self-Care Strategy | Watch Live | 9 September 2021 | 4.00pm - 6.00pm

Dear Colleague,

The Royal College of Physicians of Ireland is hosting a webinar entitled **Self-Compassion: Create Your Own Self-Care Strategy** on **9 September 2021** from **4.00 - 6.00pm**.

The aim of this online event is to help healthcare professionals to create sustainable habits and employ useful coping strategies in these challenging times.

For this event the RCPI Physician Wellbeing Programme has partnered with the **Rise Wellness Programme** which specialises in providing participants with a toolbox of simple and effective practices that can help to ease stress and restore wellbeing. It's founders, Barry Lee and John Slattery, will guide attendees to apply practical and effective techniques that integrate insights from the latest in neuroscience to the most ancient practical wisdom.

The event is approved for **2 CPD credits**.

The online session is on Thursday, 9 September, from 4pm-6pm. We also plan to run follow-up clinics with Barry and John to facilitate you creating and embedding your self-care strategy in September.

The attendance fee is €50 for all attendees. We look forward to seeing you at what promises to be a very special event on 9 September.

**Book now**

We look forward to seeing you there.  
*Best wishes*

**Dr Sinead Murphy**  
*Director of Education RCPI*

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