



## Institute of Quarrying New Zealand (Inc)

# WEBINAR

## Self-Care for Quarry Personnel

**Duration:** 1 hour

**CPD Hours:** 1-hour Unrestricted Activity

**Learning Objectives:**

*Your key learnings will be:*

- 1. To define what self-care is and understanding its benefits.*
- 2. To explore the 6 types of self-care and what you can do for each type.*

**Topics:**

- 1. What is self-care, why is it important, and why we don't do it?*
- 2. What does self-care look like to you?*
- 3. Physical self-care*
- 4. Emotional self-care*
- 5. Spiritual self-care*
- 6. Relationship self-care*
- 7. Financial self-care*
- 8. Professional self-care*
- 9. Social self-care*
- 10. Benefits of self-care*

**Cost:**

- \$25 IOQ NZ Member*
- \$50 Non-Member*
- \$25 IQA Member*