

WELCOME TO



# Wellbeing Wednesday

CALLING ALL LEADERS

ARE YOU A PRACTICE MANAGER, ASSISTANT PRACTICE MANAGER, LEAD RECEPTIONIST, SENIOR / HEAD ADMIN ADMIN OR SIMILAR? IF SO.....



## YOUR SURGERY NEEDS YOU

CW Training Hub, working in partnership with MIND have put together a FREE training programme led by MIND's mental health experts, designed to help leaders have safe & effective wellbeing conversations with their staff

This is non mandatory training however it's fully accredited with a certificate upon completion that counts towards the individuals CPD

With the everyday pressures facing GP Practices it's more important than never that we are supporting our own wellbeing and the wellbeing of those around us

To register for this training please click [here](#) or alternatively contact me directly for more information

# We wont always be everyone's cup of tea

AND THAT'S OKAY.....



**It honestly doesn't matter how much you rate yourself as a person. How much your friends & family think you're amazing. Or how much your boss praises you.**

**There will be people in this world for whom you wont always agree with or see eye to eye with.**

**Getting yourself to a place where you really value your own worth whilst being accepting & appreciating of others thoughts and opinions, is so freeing.**

**If someone or something triggers you in a negative way instead of reacting try to find compassion. Compassion for yourself for having negative thoughts & feelings. Compassion & understanding for the person or thing that you feel created it - (everyone has their own back story) and compassion for human beings on the whole.**

**Life can be tough. People can be cruel. Hurt people will in turn hurt people. That we can't change. What we can change is how we respond. Imagine a world that lived by these values.....can you?**