



The Insurance
Institute of London
Chartered Insurance Institute

Continuing Professional Development Certificate

Resilience and looking after yourself in challenging times webinar

Date Wednesday 22 April 2020

Time 1.00pm - 2.00pm

Speaker Susan Heaton-Wright, Superstar Communicator

In this webinar, Susan Heaton-Wright discussed ways to improve our resilience and look after our physical wellbeing generally and in the unique situation of the Covid-19 lockdown in particular.

Learning outcomes review

By participating in this event, delegates will have gained an insight into:

- What causes stress and the effects it has
- Ideas and practices to protect you from the effects of stress and to 'recharge your batteries'
- Techniques to access positive thoughts and emotions to develop energy and resourcefulness
- Accessing exercise and hobbies virtually in our current world
- What you can do to help and support others



CII CPD event accredited - demonstrates the quality of an event and that it meets CII member CPD scheme requirements.

This lecture or podcast can be included as part of your CPD requirement should you consider it relevant to your professional development needs. It is recommended that you keep any evidence of the CPD activity you have completed and upload copies to the recording tool as the CII may ask to see this if your record is selected for review.