



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.

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