



The Insurance  
Institute of London  
Chartered Insurance Institute

# Continuing Professional Development Certificate

## Stress awareness and burnout

### Date

Monday 26 April 2021

### Time

12.00pm - 1.00pm

### Speaker

Anne Thomas, Director of Employability & Business Development, Mind in the City, Hackney and Waltham Forest

In this IIL webinar in association with Mind CHWF, Anne Thomas equipped members with improved awareness and understanding around stress-related issues and practical tips to reduce stress for themselves as well as those around them.

### By the end of this webinar, members would have gained an insight into:

- How to be more aware of their own stressors and habits contributing to ill health
- The difference between good stress and unhealthy stress
- How to support staff to reduce their stress and to avoid burnout
- What the symptoms of stress might look like and could lead to if left untreated
- Practical tips to reduce stress and promote wellbeing



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

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