



## ***Taking C.A.R.E. Self & team care strategies in challenging times***

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The pandemic has blurred the lines between our personal and professional lives as we work from home, leaving people feeling more stressed and disconnected than ever. In the face of these challenges, self-care and team-care are critical tools to ensure our healthy functioning at home and work.

Contrary to popular belief, self-care is not about rewarding yourself for getting through a tough week. It's actually an essential life skill for our well-being. Team-care goes beyond supporting and encouraging the individual self-care efforts of coworkers to include creating a work environment that helps the team thrive in the midst of challenging times.

In this upbeat session, participants will discover a fresh perspective on what it means to practice self and team care during situations that test our capacity and cause us stress. They will come away with some practical tips that help individuals feel calmer and more positive, and ways that their team can promote and maintain a healthy work environment.

Participants will learn:

- why self & team care is more difficult during challenging times
- the C.A.R.E strategy for boosting resilience and decreasing burnout
- how to pivot from negativity and cultivate positivity
- practical ideas for boosting individual and team well-being

**This is a 75 minute session**





Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world.

Laurel guides people to create the mindset, skills and routines that allow them to not only enjoy the beautiful moments of life but also manage the challenging ones. Her goal is to help you find the sweet spot where mindfulness meets resilience.

***Motivational Speaker, Award-Winning Author, Certified Life Coach***

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. She has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books ***Spontaneous Combustion: Setting Your Life on Fire*** and ***To Be Awake***. Laurel is also the host of the popular podcast ***The Being & The Doing***.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit [laurelvespi.com](http://laurelvespi.com)