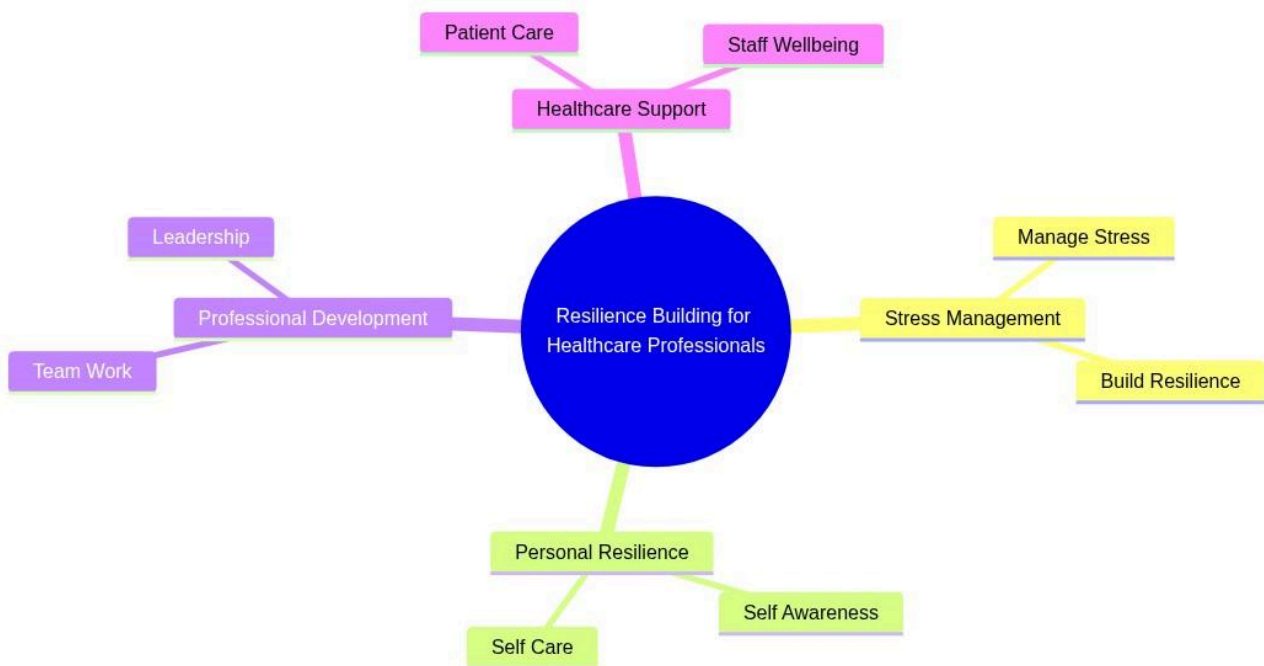


Certificate Programme in Stress Management for Healthcare Personnel

# Resilience Building for Healthcare Professionals



mindmap

root((Resilience Building for Healthcare Professionals))

Stress Management

Manage Stress

Build Resilience

Personal Resilience

Self Awareness

Self Care

Professional Development

Team Work

Leadership

Healthcare Support

Patient Care

Staff Wellbeing