



WEBINAR

21SPR10 - Facing Uncertainty: How to Promote Wellbeing during a Pandemic

This webinar will explore uncertainty as a major source of stress and the techniques which are key to building tolerance of uncertainty.

It will:

- explore practical steps to cope with uncertainty
- promote wellbeing during a pandemic
- identify behaviours, and physiological states, of stress
- explore the neuroscience behind certainty and our desire for certainty.

Date: Wednesday, 27 January 2021

Time: 7.00 – 8.30 pm

To book a place go to www.dwec-courses.com