



SELF-AWARENESS AND PERSONAL PERFORMANCE

Child and Youth Care Work Training

THIS 4-HOUR VIRTUAL WORKSHOP AIMS TO:

- Define stress and identify stressors at work
- Develop understanding of ethical considerations regarding self-care and self-awareness
- Equip delegates to address stress in support of self and personal performance
- Develop understanding of Knowledge, Skills and self (KSS) and Joharis Window
- Equip delegates to utilise supervision as resource

4 CPD POINTS

Presented by
Belinda Sellers

Workshop date:
21 July 2026
12h00-16h00

R660 per person
(group discounts available)

In Child and Youth Care, your greatest tool is you. Self-awareness is the foundation of professional excellence — shaping your objectivity, strengthening your interventions, and elevating your impact.

When you understand your triggers, strengths, and responses, you stay present under pressure, make clearer decisions, and model authenticity.

Book today and start making an impact!

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