



# 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:**  
4 November 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.**

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***Book today and start making an impact!***

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