


 <https://themustardseedwithin.co.za/>

 <https://www.facebook.com/themustardseedwithin>

 <http://www.youtube.com/chanel/UCeBJRsLEjpM7rIF1Ln3F6yQ>

## **We are there because we care**

Implementation of an integrated Self-care Model

In our fields of work, we always take care of others and not ourselves.

A very effective workshop to optimise self-care and to prevent and/or improve emotional depletion and feeling drained.

You will be equipped to put this Self-care Model to practice (personal, family, workplace).

You will leave this workshop inspired.



The *Mustard Seed* Within

with Janine Vorster

don't forget  
to take  
care of  
yourself!

## Additional benefits

- Identification of improvement areas based on self-developed evaluation questionnaire (statistical analysis). Practical tool to be applied in your own personal/work environment
  - Full colour e-manual with ample practical tips, guidelines and implementation techniques.
- Process to develop your personalized self-care plan and self-care checklist
  - Inspirational testimony



The *Mustard Seed* Within

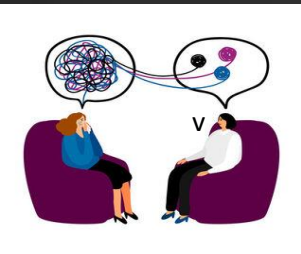
with Janine Vorster

SELF  
CARE  
ISN'T  
SELFISH



1. Physical

2. Psychological



3. Thoughts

4. Relationships



5. Work

6. Finances



7. Spiritual

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