

# TALKS ON TUESDAY

Feb 2023

## We Matter Too: Self Care Strategies for All Practitioners



**130** registered for the live webinar



**64** completed surveys

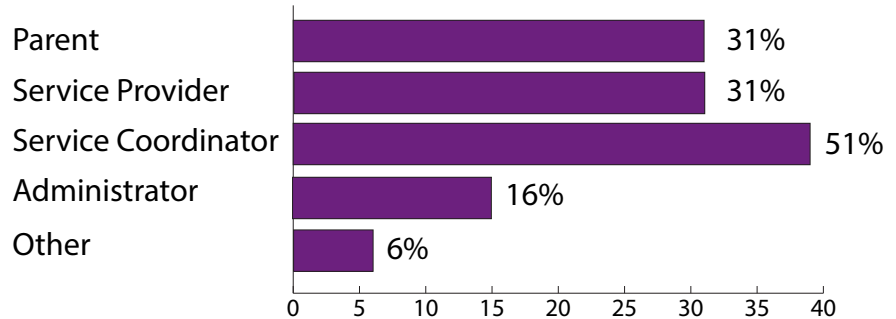


viewed via archived recordings



satisfied or highly satisfied

### Role vs Percentage Responded to Survey



### AGREE OR STRONGLY AGREE

The information was practical and useful to me in my work.	99%
I learned about resources that I will now use in my work with families.	88%
This type of professional development worked well for me.	95%
I feel more confident about my knowledge of the topic.	91%
I learned more about practical strategies that I can use.	94%
As a result of this webinar, my knowledge/skills have increased.	89%
The training will have a positive impact on my professional work.	92%

### HOW will you use the information you learned?

Participants overall mentioned they will:

- practice self-care, decrease stress, and use the techniques provided
- share the information with their co-workers

*I will practice the techniques that I was not familiar with as a commitment to my own wellbeing so that I can serve others better*

*Got lots of great ideas today on how to help my stress level decrease through all different types of rest!*

*Today's webinar was a great reminder- self care is often pushed down on our lists of to do's but it is a valuable tool we all need to focus more on!*

*I would love to have this presentation shared with our state EI personnel.*

