Self-care is doing something that nurtures or honours yourself. **International Self-Care Day** is celebrated on the 24th of July every year. Between office and home, most of us are juggling a lot. When our to-do list is demanding, taking care of ourselves often drops to the last priority. Postponing for days, weeks and even months without giving time to yourself could lead to burnout. If you are unable to care for yourself physically and emotionally, everything around you can suffer.

**Enabling World** presents a bouquet of well-curated, highly engaging & interactive live sessions that supports overall well-being, help participants make self care a priority and provide them with handy self care tools & techniques which participants can use by themselves. We invite you to leverage these programs!

### Our Offerings
- Options of F2F, Live Virtual Class & Webinar
- Credits based attractive corporate scheme
- You can pick & choose from a ready list of programs, or we can create one or you
- Facilitators with 15+ yrs. experience with deep subject knowledge and specialisation.

### Optional Customisation
- Duration of programs based on specific needs.
- Training needs analysis prior to design and delivery - to baseline exact requirements for maximum program value and impact.

**Live Virtual Sessions & Webinars**
- Adopting positive habits
- Art of calming down
- Computer vision syndrome
- Conscious self-care
- Embracing life
- Financial Wellbeing
- Healing through sound
- Inner critic
- Making time work for you
- Mind traps
- Mindful eating
- Mudra for self-healing
- Overcoming imposter syndrome
- Positive mindset
- Reclaiming your real self
- Unplugging the smart world

### Our Other Services
- Panel Discussion/Expert Talk
- Our suite of wellbeing training at [www.enablingworld.com/wellbeing](http://www.enablingworld.com/wellbeing)

#InternationalSelfCareDay
#learnfromexperts
#selfcare