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What is

Self-Care?

Understand the true meaning of self-care and how to prioritize it for your mental, emotional, and physical well-being.

Pursue Training

Be Genuine

Be Fair

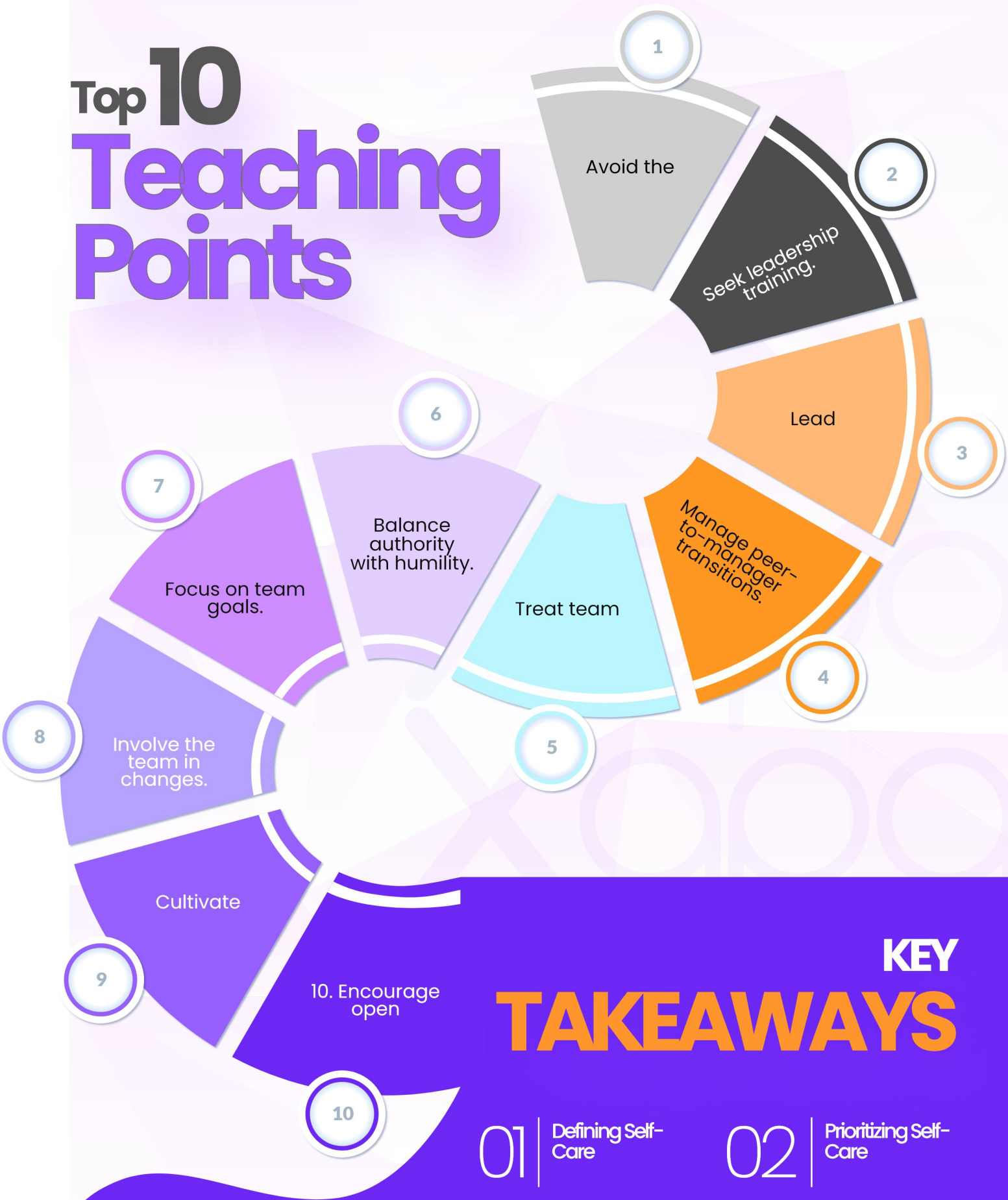
Authority With Humility

Put Team First

Foster Resilience

Be Transparent

Top 10 Teaching Points



KEY

TAKEAWAYS

01 | Defining Self-Care

02 | Prioritizing Self-Care

03 | Balancing Work and Life

04 | Staying Present

05 | Personal Responsibility for Wellness