

Dear colleagues

I hope you have had a great day.

We are holding a wellbeing CPD workshop for all Eye Care Professionals. Research and feedback have found that so many in the profession benefitted from understanding and working on their wellbeing so they could be the best version of themselves in their personal and professional life. We are therefore excited to give you the opportunity to experience this for yourself and take the first step in working on your wellbeing.

**Title**

Transform your mind and life- for practitioner, place, and patient

**Session length**

1hour 15 minutes

**CPD**

3 interactive CPD points- discussion workshop – cameras need to be on to receive the 3 interactive CPD points

**Date and time**

22/10/2024

19.30

**Location**

Virtual- via zoom (zoom link is found on Eventbrite once you have booked a place and will be sent shortly before the event)

**To book please click on the link below**

<https://www.eventbrite.co.uk/e/transform-your-mind-transform-your-life-for-practitioner-place-patient-tickets-1028920869017?aff=oddtcreator>

**Places are limited and are allocated on a first response basis.**

This event was provided by The Central Optical Fund grant.

Look forward to seeing you there.

Piyus Tanna and Sheena Tanna-Shah

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