

February 10 and 20, 2023 9am - 11.30am (Rome Time)

SELF-CARE AND VULNERABILITY



For formators and other interested people

Speaker: Sr. Maryanne Loughry, rsm

February 10: Self-Care

Leadership and ministering to others calls for self-awareness as well as putting meaningful and measurable steps in place to ensure responsible and authentic ministry.

This session will explore best practice in self-care.

February 20: Embracing vulnerability

Personal and professional insight into vulnerability in self and others is an integral part of authentic accompaniment.

This session will explore the benefits and costs of encountering personal vulnerability as well as vulnerability in others. It will suggest steps that can be taken to be more authentically who you are without being overwhelmed or losing authority.

Registration link: bit.ly/UISG_Regist_Selfcare_Vuln

Webinar languages: English, Italian, French



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