

Staying Well

(while social distancing)

Interactive webinar



Hugh Kearns

Internationally recognised public speaker, educator and researcher



ANZAM

AUSTRALIAN & NEW ZEALAND
ACADEMY OF MANAGEMENT

Professional Development Series

Booking is essential



<https://tinyurl.com/y6p2ab8z>

- **Date:** Tuesday, 1st Dec 2020
- **Time:** 12:00 – 13:00 AEDT
- *Registrations close by Friday 27th Nov 2020*
- Dealing with isolation and staying motivated.
- Dealing with distractions and keeping focussed.
- Learning how to switch off and actions you can take.