



## "Self-care and Leadership"

### Continuing Educational Opportunity

Presented by Shera "Sheila" C. Roames, CCE

**She will share about the importance of self-care in the workplace. She will touch on goal setting for yourself, the S.M.A.R.T. method, self-leadership skills, and so much more.**

**Join us on the CFDD Oklahoma Chapter meeting via a Noon Zoom**

**Thursday, August 10, 2023  
12:00 p.m. - 1:00 p.m. CST**

**Zoom link will be sent following registration.**

**Please RSVP at [cfddoklahoma@gmail.com](mailto:cfddoklahoma@gmail.com)**

**CFDD Members: \$10.00**

**Non-Members: \$15.00**





As leaders if you want to communicate successfully, influence, or lead people, you must understand how **you are perceived** so you can change perception.

- Without self-care how are you perceived?
- Let your actions match your words
- Be aware of the effect you have on others

## Types of Self-Care

<b>Personal</b> <ul style="list-style-type: none"><li>-Core values</li><li>-Hobbies</li><li>-Life goals</li><li>-Time alone</li><li>-Identity</li><li>-Authenticity</li></ul>	<b>Interpersonal</b> <ul style="list-style-type: none"><li>-Setting boundaries</li><li>-Meeting social needs</li><li>-Community</li><li>-Support systems</li><li>-Good communication</li><li>-Love languages</li></ul>
<b>Social Media</b> <ul style="list-style-type: none"><li>-Boundaries</li><li>-Positive feeds</li><li>-No doom scrolling</li><li>-Unplugging</li><li>-Taking breaks</li><li>-Blocking/unfollowing</li></ul>	<b>Professional</b> <ul style="list-style-type: none"><li>-Work boundaries</li><li>-Positive work environment</li><li>-Continued learning</li><li>-Breaks</li><li>-Vacations</li></ul>

BlessingManifesting





Think of your wellness activities as nonnegotiable appointments that you have with yourself. When someone asks if you're busy, **YOU ARE**. Your overall health is the ace in your deck of cards. It's that important!

So, pick one each day for the next week or create an **amazing self-care routine**. Then, observe how much better you feel! 😊

