

# Business & Enterprise

## Self Care for Managers

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### When does this start and end?

We have 2 different dates for this one-day course:

- 9 December 2022
- 10 March 2023

### What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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This is a half day CPD course for managers that explores the importance of self care including how looking after yourself is the best way to be productive in your work role.

You will work with other managers in the session and explore different methods and leave with a development plan for your future.

This course can also be booked by businesses as part of our employers CPD offer and can be tailored to meet the needs of the business.

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/about-us/open-events/>]

## Location

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Northern College, Yorkshire [<https://www.northern.ac.uk/contact-us/>]

## Course fees and funding support

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## Course session dates

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This is a one-day course for

- 9 December 2022
- 10 March 2023

## Course fees and funding support

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FREE\*

\* [This course is fully funded for eligible students.](#)

If you are not eligible, the cost of the course is £50.00. If you choose to stay residentially, and you are not eligible via the residential funding assessment, there will be an additional fee to pay. The vast majority of students are eligible to study and stay residentially for free and we will confirm when you apply.

**Last updated:** 7th October 2022