

Self-Care Outdoor Workshop for Teachers



Teachers often face high levels of stress, anxiety and pressure. At [Path Hill Adventures](#) we are offering a self-care outdoor workshop to bring teachers together in the beautiful beech woodlands at Goring Heath to create positive change on prioritising their well-being and prevent burnout.

Self-care is about placing importance on your physical, mental and emotional well-being through intentional actions. It's unique to each of us.

Our workshop will provide:

- ***techniques to promote work-life balance***
- ***tips for setting boundaries and prioritising self-care***
- ***tools for enhancing mental and emotional wellbeing***
- ***support in developing healthy habits and self-care routines***
- ***a support network***

To find out more or to book a workshop please contact us at adventures@pathhill.com or call Julia on 01189 842500