

THURSDAY 6TH MAY 2021

Online

7PM - 9PM

NSW AEST



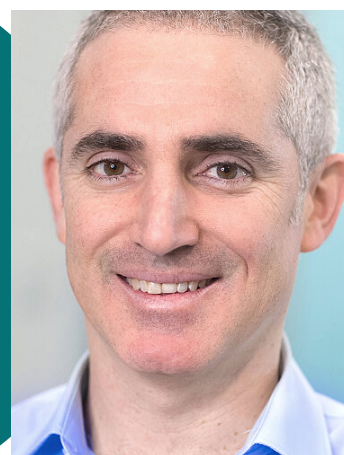
THE BALANCING ACT

Navigating mindful work life balance

Presenter: Gavin Eichholz

The pressure of consistently delivering at a high standard, remaining impartial, managing emotions and maintaining composure are just some of the stresses interpreters face on a daily basis. Throw in all that we do outside of work with family, friends and admin... it's no wonder we feel exhausted!

An extra cup of coffee won't always solve the problem, but there is another option... mindfulness.



In partnership with



Cost

Member Price: \$20
Non Member Price: \$40

NAATI Points

10 points (Category 1.4 or 1.5)