



VII EDYCJA E-LEARNING FUSION  
**DIGITAL LEARNING & training market** NEW  
CONFERENCE & EXHIBITION 2023

14-15 Listopada 2023  
**WARSZAWA**

## **Fiona McBride**

Learning Consultant, Fiona McBride Consulting Ltd

Zaprezentuję temat:

**Wellbeing for L&D Professionals**

Organizator:





# This is me...

- Learning Consultant & Facilitator
- I love helping people learn!
- Worked in Learning and Development for 20 years
- Big social media fan! Connect with me @fionamcbride
- Passionate about social and collaborative learning, facilitation, wellbeing and learning which has impact

## Clients include:

Access Group, Tate Galleries, Warner Music, John Lewis Partnership, dnata, Imperial College London, CIPD, AVADO Learning, St John Ambulance

**Your wellbeing  
is important**

**How can we look  
after others, if we  
don't look after  
ourselves?**

## Talk to the person next to you:

\*What do you do **already** to support yourself?

\*What would you like or need to do **more of**?

*You can consider this both professionally and personally... take the reflections and conversations where you need them to go*

**Setting boundaries**

**Asking for support**

**Move your body**

**Lead by example**

**Taking a step back**

**Putting yourself first**

**Switching off  
from people or  
devices**

# **Wellness ideas...**

**Reflective Practice**

**Ask for what you need**

**Build connection  
with people around  
you**

**#3GoodThings**

**Remember the things  
you have been doing,  
not the things you  
haven't**

**Remember small  
things that have  
made you smile**

**Mindfulness**

# My key takeaways...

Don't feel like you must do everything, just do something!

'Little and often' is better than not at all

*Remember: Put your own oxygen mask on first, before helping others*

**Thank you for listening**

**Wellbeing for L&D Professionals**

**Let's connect & keep the conversation going!**

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# E-LEARNING FUSION 2023

Organizator:

Digital  
Learning  
Centre



Let's Fintech

