Centra Training

TRAINING TODAY • SKILLS FOR TOMORROW • CARE FOR LIFE

RECOGNISED TRAINING EXPERT CARE

Certificate of Achievement

This certifies that

Louisa Robinson

has successfully completed the

Understand Self Management

Delivered by Centra Training, this course supports Understanding Self-management Skills CPD module, demonstrating self-awareness, integrity and an understanding of how their beliefs, values and behaviours influence others. This includes applying emotional intelligence, building resilience, managing pressure and stress through wellbeing strategies and delegation, and using time management tools effectively. The module supports leadership development within the national Care Workforce Pathway.

Quality Assured Care Learning
Government Recommended
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QUALITY TRAINING BETTER OUTCOMES

Centra Training
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This qualification is digitally verifiable.
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