

Tips and Tricks for Trainers: MENTAL HEALTH REMINDERS

Learn from Mistakes



Embrace errors as opportunities for growth.

Inspire Positivity



Recognise your impact on people with the values you promote.

Express Your Needs



Communicate your needs without hesitation.

Celebrate Small Changes



Understand how minor shifts can influence others.

Self-Care & Self-Worth



Prioritise self-care and practice self-love everyday.

Assertive Communication



Stand up for yourself and assert your needs clearly.

Mindful Balance



Maintain inner peace through mindfulness and boundaries.