

# Self-Care: The Hidden Key to Building a Success Mindset with Dr Jen Harrison

# COURSE

Learn how prioritising your well-being unlocks lasting success, energy, and happiness.



## About This Course

In our fast-paced, always-on world, the first thing to slip from our to-do list is often *ourselves*. Yet, self-care isn't a luxury, it's the foundation of success.

In this insightful and practical session, Dr Jen Harrison unpacks the powerful connection between the body, mind, and our ability to perform at our best. Drawing on more than three decades of experience in health and stress science, she challenges the traditional idea of what it means to "succeed" and reveals why true achievement begins with taking care of your own well-being.

Participants will learn practical self-care tools to recharge physically, mentally, and emotionally, helping them develop a success mindset grounded in balance, clarity, and purpose.



## Learning Objectives

By the end of this course, educators will be able to:

**Understand the Mind-Body Connection:**

Discover how stress affects both mental and physical performance, and how to restore balance.

**Redefine Success:**

Learn what a true *success mindset* looks like, one built on clarity, self-awareness, and sustainable energy.

**Master Daily Self-Care Habits:**

Explore two evidence-based self-care strategies that build resilience and calm.

**Use Practical Well-Being Tools:**

Apply three simple tools that boost focus, productivity, and overall satisfaction in life and work.

**Prevent Burnout:**

Recognise early warning signs of stress and learn to restore balance before exhaustion sets in.

This empowering talk blends science, stories, and self-reflection to help individuals reclaim control of their energy and happiness.



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## Why This Matters for Families

When one family member feels drained, the ripple effects are felt by everyone. Making self-care a shared family value can:

- **Reduce Household Stress:** Teach family members how to manage daily pressures with calm and perspective.
- **Model Healthy Habits:** Show children that rest, mindfulness, and movement are essential parts of a successful life.
- **Improve Communication:** Create space for emotional honesty and empathy within the family.
- **Build Collective Resilience:** Strengthen the family's ability to navigate challenges together with compassion and strength.

By embracing these strategies, families can create a culture of well-being that fuels personal growth and collective joy.

## About the Presenter

Dr Jen Harrison is a leading stress and body-mind health expert, Certified Canfield Success Principles Trainer, and EFT Practitioner with more than 33 years of experience in healthcare. Her career has focused on understanding how stress impacts our physical and emotional systems, and how small, intentional habits can create extraordinary transformation.

Dr Harrison's work integrates science-backed self-care practices with mindset coaching to help individuals and families overcome obstacles, build resilience, and live with greater meaning and vitality.

## Perfect For

- Families and individuals seeking to reduce stress and prevent burnout.
- Educators and leaders wanting to model well-being and self-awareness.
- Professionals striving for sustainable success and improved life balance.
- Anyone ready to redefine success through self-care and mindfulness.