



Capacitar Wellbeing Practices for Nurses in Social Care Application Form – 2022

Name:

Job title:

Employer:

Work email:

Home email:

Which email would you prefer to use?

Address:

Phone:

Please tell us a little bit about yourself and why you are interested in doing this training.

1. My role

2. Experience with self-care practices, including Capacitar

3. Please tell us how would you anticipate using this opportunity in your current role?
(100-250 words)

I confirm that I am able to commit to attending all four of the scheduled modules.
I have the support of my line manager to share the practices with the team as part of the collective wellbeing support for staff.

Manager's email address:

Please return your completed form to amanda.regan@qnis.org.uk by **0930 21st September 2022**