



# Self Management Reflective Practice for long term conditions



The ALLIANCE is offering free training to NHS GG&C primary care staff who support individuals living with a long term condition, disabled people and unpaid carers.  
Open to any member of the practice team.

**At the end of the session participants will have:**

- A clearer and broader understanding of what self management means as a person centred approach and its benefits to both practitioners and individuals
- Explored what they can do in their role to support individuals to self manage a long term condition and what support they need to be able to work this way
- Knowledge of where to find further support and resources about self management
- Made a short, achievable plan of action

**Where and when:**

- Thursday 22nd June 2023
- 9am - 12:30pm
- Health and Social Care Alliance Scotland, 349 Bath Street, Glasgow, G2 4AA
- How to get here: [bit.ly/42m6Yny](https://bit.ly/42m6Yny)

For more information and to **book your place:**



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