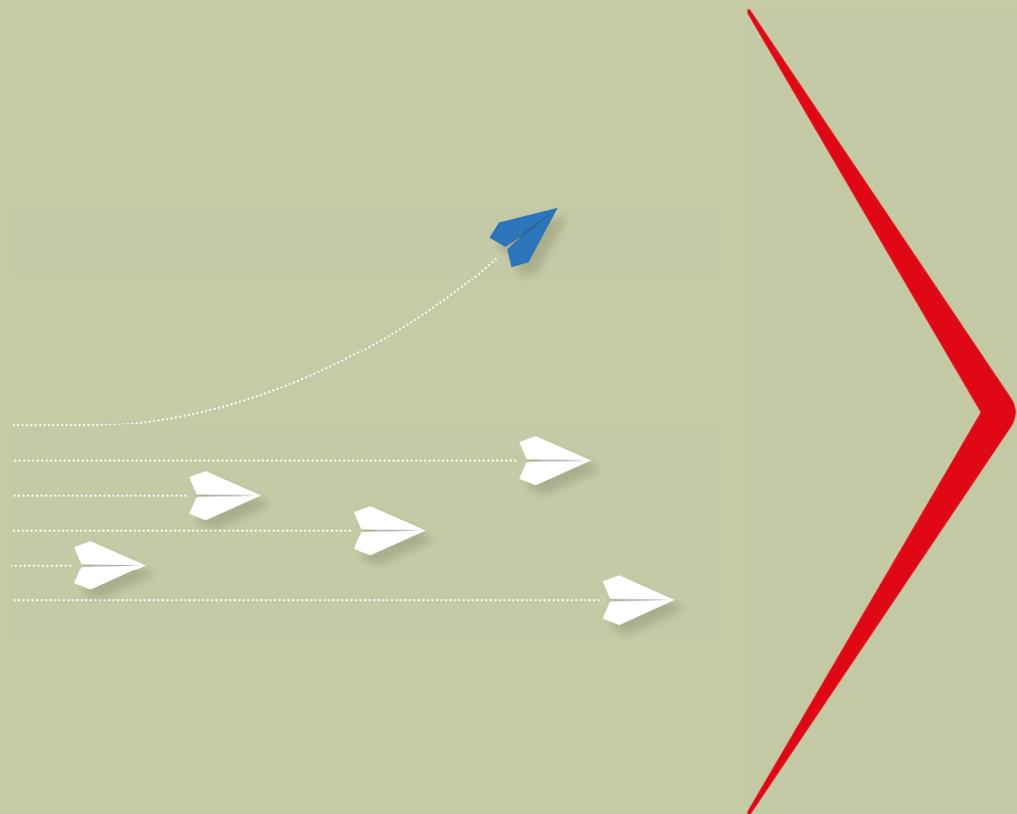


ICAEW KNOW-HOW
AUDIT AND ASSURANCE FACULTY



Maintaining wellbeing during audit busy season

11 JANUARY 2021

ISABELLE CAMPBELL

Today's presenters



Isabelle Campbell
Trainer and Coach
CABA



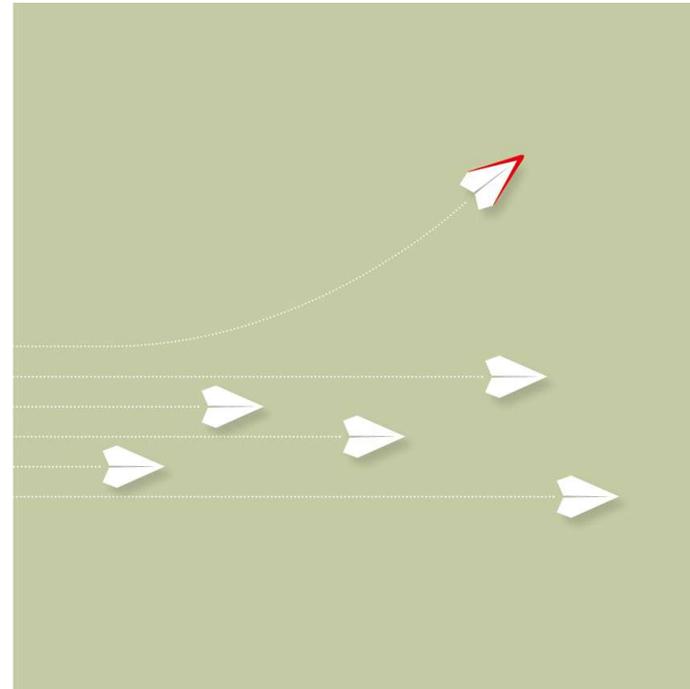
Gareth Winters
Relationship Development Officer
CABA

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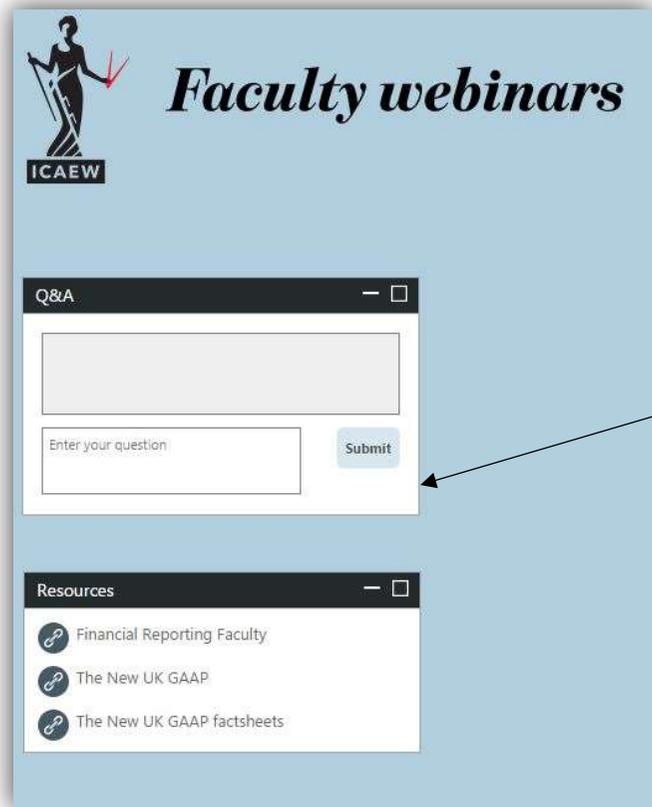
Benefits of faculty membership

- Monthly newsletter and publications
- Webinars and events
- Influence – have your say
- Thought Leadership
- Career Development

icaew.com/aaf



Ask a question



Audio problems?

- Ensure your volume is turned on
- If you experience poor sound quality try refreshing your page.

Ask a question

Type your question into the question box then click submit.

[Download resources here](#)

TODAY'S SESSION

- The challenge of remote working: boundaries, productivity and team motivation
- What is resilience? How does it help us through difficult times?
- Stress management tips & techniques – including an emergency calm exercise.

BOUNDARIES



PRODUCTIVITY & MOTIVATION



WHAT IS RESILIENCE?

The capacity to withstand stress and catastrophe, an ability to cope with problems and setbacks



MANAGING STRESS & OPTIMISING WELLBEING

Building awareness of The Inner Voice

Paying attention to your mindset – is it fixed or growth?

Practicing gratitude

Looking after the foundations (physical and mental wellbeing)

Practicing mindfulness



MAINTAINING PHYSICAL & MENTAL HEALTH

CABA with you for life



MINDFULNESS



PROVIDING LIFELONG SUPPORT TO PAST AND PRESENT ICAEW MEMBERS AND THEIR FAMILIES

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WHO WE SUPPORT



ACA
STUDENTS



FORMER
ICAEW MEMBERS



THEIR
FAMILIES



ICAEW
MEMBERS



CAREER
BREAKERS

CABA with you for life

DISCOVER CABA

The right advice and support for you



**EMOTIONAL
SUPPORT**



**HEALTH &
CARER SUPPORT**



**FINANCIAL
ASSISTANCE**



**DEBT
ADVICE**



**CAREER
DEVELOPMENT
SUPPORT**



**LEGAL
ADVICE**

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OUR SERVICES



Free



Impartial



Strictly confidential



WHY WE SUPPORT FIRMS & BUSINESSES



Supporting Firms & Businesses achieve their wellbeing potential



Positively impacts employees wellbeing and gives access to CABA support resources.



CURRENT SUPPORT

www.caba.org.uk/coronavirus



Navigation: Home | How we help | Help and guides | Courses and events | About us | Get involved

HOME / CORONAVIRUS AND YOUR WELLBEING

CORONAVIRUS AND YOUR WELLBEING

We're here to support the health and wellbeing of the chartered accountant community.

If you're feeling worried or concerned about the impact of coronavirus or experiencing anxiety during the outbreak - you're not alone. We urge you to get in touch for support and advice.

Our support

We provide free lifelong support to past and present ICAEW members, ACA students, ICAEW staff, and their close family members including husbands, wives, life partners and dependent children up to the age of 25. Read our [latest press release](#) about how we're aiming to maintain our support services at this time.

If you need to speak to someone at CABA, the best way to do this is by emailing us at enquiries@caba.org.uk in the first instance. You can also get in touch with us via our 24 hour helpline on +44(0)1788 556 366.

GET IN TOUCH

Emotional support

Our counsellors can help you deal with the emotional impact of uncertainty, anxiety and stress of coronavirus on your mental wellbeing. Sessions are available over the phone and online so we can support you even if you're in isolation or in quarantine.

Support for young people in the UK

If you or a member of your family is aged 11-25 you can access Kooth, a free online counselling and emotional wellbeing platform. You can speak to professionally trained counsellors, get peer-to-peer support and access live forums. [Join Kooth.](#)

Financial assistance

Your income may be affected while you're in quarantine, self-isolating, or if your child's school, your workplace or your business is temporarily closed. In many instances we can provide financial support to get you through the tough times to keep you and your family well.

Our financial support is means-tested. This means we take your income, expenditure, capital and assets into account when awarding financial support.

Find out more about our full range of support including coaching and health and career support below.

HOW WE HELP

Wellbeing resources

If you're self-isolating or working from home, here are some online resources to help you manage your mental and physical wellbeing.



Coping with financial anxiety



Supporting yourself and your children during this difficult time



How to use journaling to improve your mood

You can find more resources to support your wellbeing [here](#).

CABA with you for life

CONTACT US

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QUESTIONS?



Upcoming faculty webinars

Date	Title
21 January	Today's Audit applications created through Open Banking and its future outlook
04 February	Brexit and Audit

For details, please visit [icaew.com/aafevents](https://www.icaew.com/aafevents)

Thank you for attending



Please take the time to fill out our short survey:
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