



January 19, 2026

Self-care when managing risk

Certificate of completion

This document certifies that **Alan Deans** has completed the training "Self-care when managing risk"

Course summary: The impact of managing risk; Recognising warning signs in self and others; Peer support and supervision as protective factors; Self-compassion practices; A crisis recovery plan for you.

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Reference Number: 5023550507570456

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