

The 1st Virtual Young Scalpels Bootcamp 2021

Webinar Self-Assessment Tools

. The Key to Your Welln	ess	
. Define the wellness		
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. List four of the eight wo	eliness dimensions 5.	
2.	6.	
3.	7.	
4.	8.	
. Outline two strategies t	o maintain wellheing	
· Outilité two strategies t	Jimmum Wenseing	
T. 41		
. Define burnout		
Outling two strategies	a myayantit	
. Outline two strategies t	o prevent it	

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2. How to be Financially Smart					
1. Define personal finance					
2. Prepare a personal finance plan					

*Note: Excel sheet available to help with personal finance plan (prepared by Mrs. Maha Al Sabej)

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