

# Manage Your Well-being & Plan for Success



## MANAGE YOUR STRESS & IMPROVE YOUR WELLBEING

We wanted to highlight the HSE's Free Online Stress Control Programme - livestream mindfulness classes for the public. Visit [stresscontrol.org](https://stresscontrol.org)

## COVID-19: LAW OF FRUSTRATION

As many businesses will be unable to perform their contractual obligations due to restrictions imposed by COVID19, Beauchamps Solicitors review the law of frustration. Visit [beauchamps.ie/publications/873](https://beauchamps.ie/publications/873)



## GLOBAL FAMILY BUSINESS WEBINAR

Catch up on 'Family Business through Global Pandemic' webinar which took place 21st April 2020. See link & insights at [dcu.ie/national-centre-for-family-business/news](https://dcu.ie/national-centre-for-family-business/news)

## HOW WILL YOU PLAN FOR BUSINESS POST-LOCK DOWN?

On 21st April 2020 Taoiseach Leo Vradkar advised Irish businesses to prepare to implement social distancing in their businesses post-lock down. We will have 5 Top Tips early next week on our Twitter & LinkedIn pages!

