

Gorveatte Consulting Inc.



Self-Care is Good Care

The idea of self-care seems more important to me now than ever before. I used to think self-care was kind of like selfish-care; I suppose I thought it was taking time to care for yourself rather than another. I'm realizing now how important self-care is. I learned that if you do not look after yourself you won't be able to help others.

This transition in thought didn't come easy. Recent events have changed my mindset. If you're tired, run-down, or just not "yourself", it's more difficult to support those around you. I quickly learned the value of investing in yourself.

With that in mind, I say "We're worth it". We're important to others, and we need to look after ourselves. It's too easy to let coffee become the office drink of choice, to grab and go with a meal, or to always be communicating through abbreviated acronyms in emails or texts without ever connecting with a real human.

We may indirectly set ourselves up to feel overwhelmed because we may be trying to do too much at once without remembering to look after our mind, body, and inner soul, or however you define that to be.

So take the time to hydrate, get outside, go for a walk, sit and connect with a neighbour or a new coworker. Remember to practice mindfulness in your own way, take a yoga class, keep a gratitude journal, or even just take the time to stretch and practice different breathing techniques while you are at your desk. However you define self-care, this is your reminder.

Your Quality Management System also needs self-care. If you spend all of your time focused only on customer requirements and deadlines, you may miss important milestones required in your management system. Remember to monitor your corrective actions, conduct your internal audits, and most importantly, host that management review meeting.

If you do ever find yourself to be overwhelmed with your quality to-do list, remember Gorveatte Consulting Inc. is here to help you. We created some simple service streams like our monthly audit program: 4 hours per month over the year. Simple, frequent onsite

or remote audits to keep your Quality Management System on track. Give us a call to learn more at 902-434-9003.

Click to send us a message to learn more about our onsite and remote Audit Programs @ Gorveatte Consulting Inc. include AUDIT SELF-CARE in the subject line and save on your first visit.



Call, Text or email to register
902-471-9003
info@gorveatteconsulting.com

Gorveatte Consulting Inc.

ISO 9001 Internal Auditor Workshop

June 13-14, 2024

Susan Gorveatte, 9:00-4:30pm AST

www.gorveatteconsulting.com

REGISTER TODAY! CALL 902-434-9003
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Call for Speakers - Reno, October 9-10

The ASQ Audit Division is now accepting session proposals for our 30th ASQ Audit Division Conference to be held October 9 – 10, 2024 at the Peppermill Resort & Casino in Reno, Nevada! The theme for the conference is:

"The Future is Now!"

We are seeking speakers who are experienced auditors, subject matter experts, and those who have unique knowledge and/or experience from a personal or company perspective. Our program will have a mix of 1.25-hour sessions and 50-minute sessions.

Reach out to me to learn how you can be a speaker at the conference.

[Send an email here to receive the call for speakers' submission form](#)



Are you Looking for 4-day Lead Auditor Training?

The next on-site HALIFAX ISO 9001:2015 Lead Auditor class will be June 3-6

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Call 902-434-9003 to register or email info@gorveatteconsulting.com

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Helping you demystify the ISO 9001 Standard

More Great Quality News to Come!

Want to learn more about quality and stay up to date on Quality news? Watch for our newsletter next month when we will feature more Quality

information from Gorveatte Consulting Inc.
Call us at 902-434-9003



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