



The Self-  
Investigation

[www.theselfinvestigation.com](http://www.theselfinvestigation.com)

The Self-Investigation is a foundation that provides a variety of **services aimed at improving media professionals' well-being**. It is led by multi-lingual, certified coaches and trainers with five decades of media experience combined. Our offerings include **basic stress management and digital wellness courses** for journalists and a course to help **managers lead effectively by integrating wellbeing into their personal and team work routines**.

#### Stay in touch with us:

- [Sign-up](#) to our newsletter
- Follow us on Twitter: [@selfinvestigate](#)
- Follow us on LinkedIn:  
<https://www.linkedin.com/company/theselfinvestigation/>
- Email us at: [contact@theselfinvestigation.com](mailto:contact@theselfinvestigation.com)

#### Access our resources:

- Get to know our [Online Academy](#) and take one of our in-depth courses in English or Spanish
- Subscribe to our [Youtube](#) channel for meditations, practices and more!
- We also have monthly live sessions with our trainers and guest speakers. Past sessions include: “How to negotiate limits with yourself and others” and “How to keep your calm when anxiety strikes”, among others. Sign-up [here](#)