



MANAGING ANXIETY THROUGH CHANGE

SESSION OVERVIEW



**PROVIDED BY MENTAL HEALTH IN
BUSINESS**

MANAGING ANXIETY THROUGH CHANGE: 2 HOUR WORKSHOP

A number of factors contribute to a person experiencing good mental health and well-being from day to day. Being calm and clear-headed at work are signs of good mental health; which result in good performance, job satisfaction and a happier workforce.

But what happens if employees are experiencing the opposite of calmness and clarity?

This can be a sign that employees are experiencing high levels of stress, anxiety and overwhelm which if left unchecked (and unsupported) could result in serious ill-health, poor performance, and sickness absence.

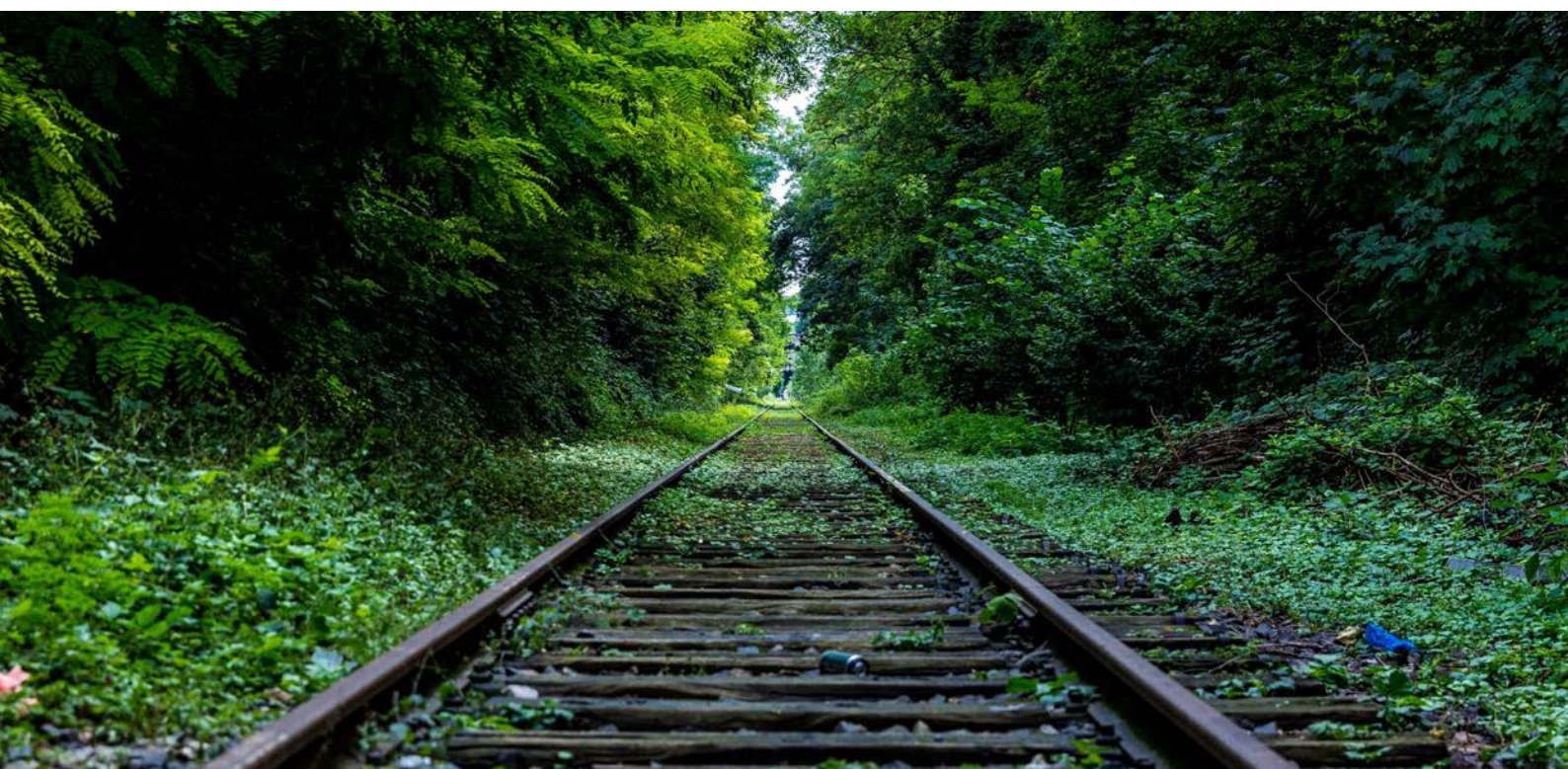
This 2-hour workshop will explore anxiety, what it is, how and why it shows up in the workplace and what can be done to reduce the impact of anxiety on well-being and performance. Participants will leave the session with practical tools and techniques to help them manage and/or reduce anxiety, to thrive both at home and at work.

The session will involve interactive discussions and group exercises which are specially designed to ensure effective learning in a short timeframe within an online environment.



1 in 6 workers will experience depression, anxiety or problems relating to stress at any one time.

MHFA England, 2021



SESSION OBJECTIVES

1. To help attendees to understand the relationship between anxiety and well-being.

When is the experience of anxiety healthy or normal, and when does it become a problem? It is likely that someone experiencing constant worry and chronic anxiety will encounter problems in other areas of their lives including; dissatisfaction in relationships, decreased productivity, social isolation and depression. All factors which directly impact a person's well-being.

2. To give participants some practical ways to manage anxiety.

There are many ways to manage and cope with chronic anxiety and excessive worry (often the root of the issue). The most popular intervention is CBT (cognitive behavioural therapy) which helps address the self-defeating ways we think, in order to feel better. This will be explored along with a number of other supports that will give participants practical tools and techniques.

3. To help participants to reduce the impact of anxiety and improve well-being.

Knowing how anxiety impacts your life and the lives of those around you can help you start to make changes to reduce its impact and improve well-being. Take ideas away to help yourself and/or help your colleagues, friends and loved ones to improve their well-being.



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Having recently attended a training led with MHIB, I wanted to share how valuable this experience was and particularly how much value Claire added.

The training was of such a high standard and so well thought out that I felt I must recommend it to everyone, particularly all leaders within any business at this time.

**Brett Sainty, Chief Executive Officer at BLW
Insurance Brokers Limited**

PRICE

£1500 + VAT for up to 25 attendees (POA for larger groups).

Included:

- Powerful 2-hour workshop.
- All attendees will receive a resource pack building on all of the key topics covered in the live session.
- Hosting platform to be agreed depending on your organisational requirements.

WHAT'S NEXT?

To speak to one of our team about hosting this workshop for your organisation call 01788340180 or email info@mhib.co.uk

