



Managing Workplace Anxiety

Anxiety can greatly impact productivity and morale in the workplace. It is crucial for both employers and employees to prioritize their well being and support each other when needed. This course focuses on techniques, for self improvement, resilience and fostering a positive work environment. It complements sessions on health, self care and personal growth ultimately contributing to the development of more resilient teams.

Course Overview

The workshop begins by creating a space where participants can get acquainted with each other and outline their learning goals.

By the end of this course participants will be able to;

- Understand types of anxiety commonly experienced in the workplace.
- Recognize warning signs and symptoms associated with anxiety.
- Develop strategies to manage and cope with anxiety.
- Identify triggers that may exacerbate anxiety.
- Differentiate between anxiety and everyday nervousness.

Common Forms of Stress

This session introduces participants to forms of anxiety providing a foundation for understanding anxiety disorders. We will also explore symptoms and characteristics associated with these disorders.

Physical Manifestations

Participants will learn how to recognize the symptoms often associated with anxiety disorders while exploring treatment methods.

Triggers of Anxiety

In this session participants will gain insight into their triggers of anxiety as well as discover effective strategies for avoidance coping mechanisms or prevention.

Understanding the Difference between Anxiety and Nervousness

In this session you will gain the skill of distinguishing between anxiety and common nervousness which's crucial for effectively managing anxiety.

Identifying Anxiety in Others

You will learn how to recognize the signs and symptoms of anxiety in others as how to provide timely support when needed.

Effective Coping Strategies

Discover a variety of coping strategies that can help you effectively manage your feelings of anxiety.

Acknowledging and Addressing Anxiety

We'll emphasize the importance of acknowledging anxiety and taking steps to address it

Exploring the Positive Aspects

Participants will delve into ways of channeling their emotions in a manner that promotes growth and cultivates qualities.

Knowing When to Seek Support

We'll discuss why it's important to seek proactive support to prevent anxiety from interfering with everyday life.

Wrapping Up the Workshop;

At the end of this course you'll have an opportunity to ask questions create an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725