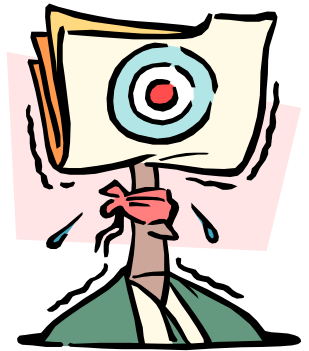


STRESS & ANXIETY IN THE WORKPLACE

The Seminar will Focus on:

- Anxiety being a normal, physiological response to a stressful world.
- Exposing the myths.
- The positive and valuable attributes of anxiety sufferers.
- Simple ways to treat anxiety.
- Learning to be in the now. Being present.
- Supporting self and each other in the workplace.
- Creating a well-being programme individually, in a team & in the agency/organisation

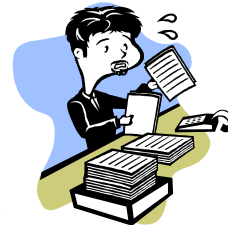


After the introduction to this new seminar with your Team, Jeannie will allow time for some discussion/identification of individuals and teams experience/understanding of anxiety and its effects in the workplace.

The day would be dispersed with experiential learning, as an opportunity for participants to identify their own unique resources, and the benefits of using them. She will explore these in detail to allow people to take individual strategies away from the day, as well as organisational & team strategies.

You Can Expect:

- That individuals will develop a better understanding of anxiety & associated symptoms
- Staff will take with them useful strategies to identify and maintain their own well-being.
- Teams will identify and implement supportive strategies within their teams.
- That the overall organisational culture becomes one that fosters staff well-being.
- That participants take with them the strategies to implement a well-being plan that is practical, possible and maintainable.



Jeannie will explain the difference between Stress and Anxiety and how to identify symptoms, not just within yourselves, but in your colleagues, family and friends.

Jeannie will educate you on the brain's response to a build up of Stress and:

- **How it affects the physical body**
- **Symptoms and how to recognise them**
- **The affect on memory, hormones, emotions and sense**
- **Information on the chemicals within us that lead to ill health**

You will learn that you don't have to die trying to cope!

And you will learn who is most likely to suffer anxiety in an organisation and to make sure you know how to prevent it.

Jeannie will guide you through a series of exercises designed to soothe the symptoms of Anxiety and panic attacks and reconnect with your own resources and to banish "absent minded" living.

You will know the secrets to being present in your bodies, involving your senses (VAKT), being "still" and embracing laughter rather than "battening down the hatches" and preparing just to cope.

If your whole team is educated, they will certainly benefit from the information and work better together as a cohesive, caring, whole.

