

Understanding Anxiety

A WEBINAR TO HELP SUPPORT MANAGERS



As a manager, being a specialist in mental health, having a therapist and counsellor qualifications is NOT expected and is NOT part of your job description. Having the confidence to recognise signs of distress and signpost to appropriate support can be very helpful.

Covid-19 has been a catalyst to what was a common mental health issue already – Anxiety. It is something most of us can identify with and probably more so now. To help Managers lead during this challenging time, I have developed a 45-minute webinar in the hope that it will help.

Outcomes:

- Develop a clear understanding as to what Anxiety is
- Recognise the signs now and ongoing
- Specific anxieties given the current conditions
- What can I do to help support my team?
- How to manage my own anxiety levels and wellbeing

If you would like to find out more please do get in touch:

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