ICML
INSTITUTE FOR COMMUNICATION MANAGEMENT AND LEADERSHIP



HR AND WELLBEING

Managing Anxiety and Stress

Practical tools to recognise and manage workplace stress and anxiety.

WHO IT'S FOR

Employees at any level facing pressure, workload or uncertainty.

DURATION

3 hours, or tailored to your needs

FORMAT

On-site: we come to you, virtual or hybrid.

PARTICIPANTS WILL DEVELOP THE SKILLS TO

- Recognise the early signs of stress and anxiety in themselves
- Understand their emotional triggers and reactions
- Manage anxious thoughts and feelings mindfully
- Reduce the effect of constant information and interruptions
- Cope with uncertainty without losing focus or energy
- Build self-care habits that protect wellbeing and performance

ABOUT THIS PROGRAM

Heavy workloads, constant information, uncertainty about change and pressures at home all land at work. Our stress management training shows employees how to reduce the demands on them and build the resources to handle what remains. They learn to recognise their emotional triggers, notice anxiety early, manage it mindfully and use strategies for uncertainty, resilience and self-care. Employees return to work with practical tools they can use at their desk, and the program is shaped around the pressures your people face.

Tailored to your organisation

We build in the pressures specific to your workplace, your wellbeing initiatives, your employee assistance program and the support channels your people can use.

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Suzanne's delivery of what can be confronting topics was exceptional, made everyone feel comfortable and safe and we walked away with tools to improve our communication.

Hinternoosa – Sirah

Talk to us about this program

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Enquire online