

**Course Overview:**

Our Managing Workplace Anxiety workshop will provide your participants the important skills and resources to recognize and manage workplace anxiety. By identifying these symptoms and coping skills employees and managers will be better suited in dealing with these common situations. Through this workshop your participants will be better suited to the challenges that the workplace can bring.

**Course Objective:**

- Explore different types of workplace anxieties
- Learn to recognize symptoms and warning signs
- Determine ways of coping and managing problems
- Recognize common trigger and accelerants
- Learn the difference between anxiety and common nervousness

**Course Outline:**

- Common Types of Anxiety
- Recognizing Symptoms in Others
- Coping Strategies (I)
- Talk With Friends and Family
- Get Enough Sleep
- Eating Well and Exercise
- Begin Small and Build Up to Larger Challenges
- Don't Avoid the Situation
- Differences in Anxiety and Normal Nervousness
- Physical Symptoms
- Recognize the Positive Aspects of Anxiety
- Common Anxiety Triggers
- When to Seek Extra Help?

**Who Should Attend:**

All staff liable to be in contact with difficult or aggressive people.

**Training Language:**

EN / AR

**Training Methodology:**

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation

**Venue | Date | Fees**

Khobar | 03-12-2023 | 10,350 SAR  
ONLINE | 03-12-2023 | 7,475 SAR