

SKILLS PROGRAM



BCONSULT



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MANAGING WORKPLACE ANXIETY

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SKILLS PROGRAM

MANAGING WORKPLACE ANXIETY

Course Purpose

Workplace anxiety is the feeling of stress, nervousness, or tension among employees in the workplace. Workplace anxiety can be induced by workplace performance and interactions with co-workers.

Why study managing workplace anxiety?

Life and work can without a choice induce and trigger stress and furthermore anxiety. This unit standard is intended to expound on the types of anxiety, the effects that anxiety has on one and how to effectively manage them.

At the completion of the unit standard, a qualifying candidate can:

- Learn how to regulate emotions.
- Understand what anxiety is.
- Identify the triggers and causes of anxiety.
- Identify the types of anxiety.
- Identify anxiety-inducing environments and situations.
- Learn how to manage anxiety in the workplace.
- Learning anxiety coping mechanisms.

Duration

1-2 Days

MANAGING WORKPLACE ANXIETY

Training Outcomes:

- Understand anxiety.
- Create an anxiety-reducing environment.
- Learn how to confront an anxiety-inducing environment.
- How to cope in an anxiety-inducing environment.





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OUTRANK YOUR COMPETITORS**



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