



Managing Anxiety

With over 12.8 million working days lost each year in the UK due to work-related stress, depression, or anxiety, employers should provide their staff with an understanding of how to identify and cope with anxiety to ensure the positive wellbeing of their staff.

For every £1 an organisation invests in the mental wellbeing of its employees, they can expect to see an average return of £4.20. This online training course helps the user to understand how to recognise and approach anxious thoughts.



COURSE CONTENTS

The course covers the following elements:

- Introduction to Anxiety
- Ideas & Techniques

SHAPING THE WAY BUSINESSES OPERATE



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ASSURANCE