



Reconnecting with the workplace managing anxiety

*Have you been working from home?
Feeling isolated and out of touch?
Fearful about going back to work?
Worried about being Covid-secure?
New job - haven't met your colleagues in person?*

This course will:

Help you to explore and understand anxiety
Support your return to the workplace
Provide techniques to deal with anxiety

With an option to book a 1 hour individual
confidential follow up session

Cost:

£50 per delegate or
£110 including follow up session

£480 for 12 delegates in your organisation or
£1200 for 12 delegates including follow up sessions



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A 4 hour course
Tailored to your organisation's
needs

Delivered by a qualified
Relate Counsellor and Trainer

9.15 am - 1.15 pm
Delivered on Zoom

With an option to book a 1 hour individual
confidential follow up session

For course dates and booking contact:
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