



Anxiety at Work Wellness Training™

Helping team members manage stress, anxiety & avoid burnout

COURSE OVERVIEW

Stress and anxiety are hurting the performance of the people in our care—especially younger employees. Anxiety is affecting productivity and leading to ghosting and burnout.

The Anxiety at Work Wellness Training offers tactics for managers to help their employees stay more calm, clearheaded and be willing to speak up when feeling overwhelmed. This training helps managers become more aware when employees are hiding anxiety and offers solutions to alleviate the unhealthy stress their people may be feeling while still maintaining performance.

Takeaways for leaders include:

- How to spot rising anxiety levels in their people
- How to keep up with demands while creating a healthy work atmosphere
- How to help employees who feel overwhelmed or are worried about the future ease their concerns
- How to create connection to the team in remote or hybrid environments

In today's volatile, fast-paced, and ever-changing global climate, organizations and their employees are under more pressure than ever to perform. Anxiety at Work shows how everyone at all levels can work together to build an environment that fosters camaraderie, productivity, and resilience.

Designed for supervisors, managers, and employees of all levels who want to help their team members thrive.

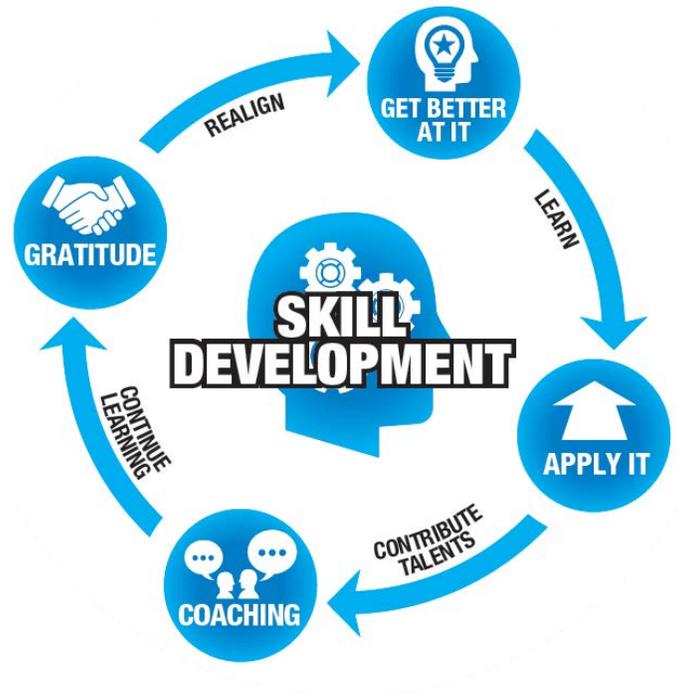


Who Should Attend?

Designed for supervisors, managers, and employees of all levels who want to help their team members thrive.

What's The Next Step?

If your organization could benefit from the skills taught in the Anxiety at Work Wellness Training, contact us today to learn more call (704) 804-1054 or email christy@thecultureworks.com



50%+

of workers say anxiety negatively affects their work performance/quality.

75%

say the most stressful part of job is their immediate supervisor.

60%

of organizations plan to address anxiety & well-being in the next three years.

"Our leaders were engaged throughout the entire training. Participants enjoyed the exercises and found the content informative and definitely useful in their workplaces."

— Indiana University

"Sensational. The training hit the mark with a number of strong takeaways for us."

— Duracell

"Inspirational and practical. You really engaged our team with this very important topic: 'How to be an empathetic leader.' Great response from the audience, very inspiring stories."

— Pepsi