SELF-GUIDED COURSEWARE

Anxiety at Work

Resilience Training for People Leaders

Eight modules of practical training for managers leading teams through stress, uncertainty and change — from the authors the Wall Street Journal called first.

WHO IT'S FOR

- Managers and team leads
- HR and L&D teams
- Senior leaders setting the tone
- Anyone leading through change

FORMAT **8 video modules**	ALSO INCLUDED **Recorded Q&A**	RESOURCES **Leader guides**
ASSESSMENT **Module quizzes**	ACCESS **180 days**	ON COMPLETION **Certificate**

WHY IT MATTERS

The research leaders already trust.

1.5M+

books sold on culture, recognition and gratitude.

#1

New York Times bestselling authors, several times over.

8

tactics for managers, drawn straight from the book's research.

When the Wall Street Journal covered the anxiety epidemic at work, the first experts featured were New York Times bestselling authors Adrian Gostick and Chester Elton. This course turns the eight tactics from their book *Anxiety at Work* into training your managers can use on Monday.

THE BOOK BEHIND THE COURSE

Eight strategies, built on the research.

Anxiety at Work: Eight Strategies to Help Teams Build Resilience, Handle Uncertainty, and Get Stuff Done — Adrian Gostick and Chester Elton with Anthony Gostick. Published by Harper Business.

> "Few things can paralyze the progress of any team or organization like anxiety. *Anxiety at Work* offers practical ideas to help leaders develop healthier mindsets and healthier teams. This is a smartly written, step-by-step guide to creating the work culture that will attract and retain great people."
>
> **John C. Maxwell**
>
> #1 New York Times bestselling author and leadership expert

WHAT MANAGERS WALK AWAY WITH

- Language for naming anxiety without making it worse
- A way to spot overload before it costs you people
- Practical steps for each of the eight triggers
- Recognition habits that hold under pressure

THE CURRICULUM

Eight modules, in the order a leader needs them.

Each module pairs an expert-led video lesson with a recorded Q&A, a downloadable leader's guide and a short quiz.

MODULE 00

Introduction

What anxiety at work actually looks like, and why it lands on managers.

MODULE 01

Deal with Uncertainty

Creating security and clear direction when the answers keep changing.

MODULE 02

Deal with Overload

Spotting the point where more work stops producing more output.

MODULE 03

Overcome Perfectionism

Helping capable people ship work instead of polishing it.

MODULE 04

Chart Their Path Forward

Giving people a visible future inside the organization.

MODULE 05

Find Their Voice

Getting quiet team members to speak before problems surface elsewhere.

MODULE 06

Become an Ally

Supporting a struggling colleague without absorbing their load.

MODULE 07

Create Connections

Building the relationships that hold teams together under pressure.

MODULE 08

Be Grateful

Recognition as a daily habit, not an annual event.

WHAT'S INCLUDED

- Eight expert-led video modules
- Downloadable leader's guide per module
- 180 days' access from enrolment
- A recorded Q&A with every module
- A short quiz to check application
- Certificate on completion

PRAISE FOR ANXIETY AT WORK

What others say about the work.

"This book will help you create new habits that will guide you to a better team and a better life."

Jay Shetty

#1 New York Times bestselling author of *Think Like a Monk*

"In this fabulous new book, leaders will learn how to identify anxiety in their team members, understand the triggers, and provide the right support."

Mel Robbins

Daytime talk show host and CNN on-air analyst

"Gostick and Elton help leaders build resilience with practical tools culled from decades coaching leaders to improve their organizational cultures."

Dr. Marshall Goldsmith

New York Times bestselling author of *What Got You Here Won't Get You There*

WHO TEACHES IT

Three authors who have spent their careers on this.

Adrian Gostick

#1 New York Times bestselling author, leadership researcher and keynote speaker. Forbes leadership columnist.

Chester Elton

#1 New York Times bestselling author, Thinkers50 executive coach and keynote speaker on workplace culture.

Anthony Gostick

Co-author of *Anxiety at Work* and the research voice on the book. Nearly a decade in cell biology and genetics before turning to writing.

Together, Gostick and Elton have sold more than 1.5 million books on culture, recognition and gratitude, including *The Carrot Principle*, *All In* and *Leading with Gratitude*.

ENROL

Start the course today.

$278

One-time payment · 180 days' access
No subscription, nothing to cancel

Register now →

Secure checkout. Immediate access to all eight modules.

theculturesworks.com/anxiety-at-work-course/

FOR ORGANIZATIONS

Rolling this out to a team?

The course is also licensed for organizations, and the same material is delivered as a facilitated program.

Team licensing

Enroll a department or the whole management layer, with access managed centrally rather than seat by seat.

Facilitated delivery

Run as a workshop with a facilitator guide, participant workbook and application exercises for each module.

Train your facilitators

Certify your own people to deliver the material internally, using the full workshop toolkit.

Talk to us about your team

Volume pricing available — tell us the size of your team.

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