

How to Manage Anxiety and Burnout

Live on-line learning
Complementary to all apprentices



Connect2Care experts use their in-depth knowledge and skills within the mental health industry to deliver this unique online course on how to manage anxiety and burnout.

As humans, we have to be adaptable to change to enable us to be effective in the workplace. Anxiety and burnout can have a huge impact on our employees and the service they provide to others.

Every year, 300,000 workers leave their workplace due to mental health issues at an annual cost of £45 billion to employers. Supporting workforces to recognise when they're reaching the point of burnout and how to prevent it from happening supports both the employee's mental health and helps employers retain their staff.

This interactive, online course is suitable for employees of all staff levels, from team member to manager. It provides delegates with solid foundations to identify and reduce anxiety and burnout through resilience skills and different coping strategies. The course also provides advice and guidance on signs, symptoms, signposting and intervention to enable an effective, resilient workforce.

Course Content

- ▶ Understand anxiety and the common signs and symptoms
- ▶ Identify ways to reduce anxiety
- ▶ Understand burnout and how this links to personal resilience
- ▶ Identify ways to prevent burnout
- ▶ Relate anxiety and burnout to days lost at work
- ▶ Understand the importance of resilience in workplace settings.

Duration

3 hours.

Number of Delegates

50.

Cost

£25 + VAT per delegate.
A closed cohort price can be discussed upon application.

Certification

Learners will achieve an attendance certificate at the end of this course.

For more information contact us at:

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