

Anxiety in a Law Firm

Law firms are realising that it's time to create a climate where it's ok to be anxious, even in a professional organisation. As soon as this is openly acknowledged, the potential for improved performance, improved working relationships and improved personal wellbeing is immense.

This training course will assist you to recognise what anxiety is and how it can be managed, either in your capacity as the sufferer, the manager of a sufferer or the colleague of a sufferer. It will help you to remove the stigma associated with anxiety and help you get the best out of yourself, your staff and your colleagues, which in turn will improve productivity, performance and personal wellbeing.

Course objectives:

- ✓ Recognise what anxiety is and what it isn't
- ✓ Learn how to discuss the impact of anxiety on both you and your colleagues
- ✓ Understand the importance of the roles of employer, manager, colleague and sufferer
- ✓ Learn to draw sensible comparisons between anxiety and physical illnesses
- ✓ Learn to devise a plan of action to address the issues / improve performance and wellbeing of staff

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