



ONLINE
COURSE

MANAGING WORKPLACE ANXIETY

BROCHURE

Learn about the tools you need to cope and deal with Workplace stress and anxiety.

The Managing Workplace Anxiety eCourse will help you identify better ways to manage the challenges that the workplace can bring. This eCourse will also provide you with important skills such as:

- Recognising the difference between anxiety and common nervousness.
- Identifying different types of workplace anxieties.
- Recognising common trigger and accelerants.
- Recognising symptoms and warning signs.



DURATION

4 weeks online access



STUDY TIME

8-9 hours study time



CONTINUING EDUCATION

UNITS (CEU'S)

0.9 CEU's



The
Leadership
CENTRE
DEVELOPING TOMORROW'S LEADERS

The workplace is one of the leading locations where people experience stress and anxiety. Every employee will encounter it sometime during their career. Everyone should be aware of the signs of anxiety and the tools needed to cope and deal with it. Our Managing Workplace Anxiety eCourse will provide you with the important skills and resources to recognise and manage workplace anxiety. By identifying these symptoms and coping skills, employees and managers will be better suited to dealing with these common situations. Through this eCourse you will find better ways to manage the challenges that the workplace can bring.

eCOURSE INCLUDES

- 4 Weeks Online Access.
- Managing Workplace Anxiety Book per phase.
- Managing Workplace Anxiety Templates and Exercises.
- Quick Reference Sheet.
- Online Exam.
- International Certification.

KEY OUTCOMES

On completion of this eCourse, you will be able to...

- Identify different types of workplace anxieties.
- Recognise symptoms and warning signs.
- Illustrate ways of coping and managing problems.
- Recognise the difference between anxiety and common nervousness.

CERTIFICATION

You are required to complete an online multiple choice exam with a pass mark of at least 80%.

ACCREDITATION

Internationally Accredited through IACET.



TECHNICAL REQUIREMENTS (COMPUTER)

- A computer with Microsoft Windows operating system (98, NT, 2000, XP, Vista, or Windows 7) or Mac OS X (10.5 Leopard or higher).
- A computer with Microsoft Office 2000 or higher.
- A high speed internet connection and a web browser (Firefox is highly recommended as there are incompatibility issues with Internet Explorer).
- Adobe Reader (free software).

GET IN TOUCH

Should you have any queries, please contact us at The Leadership Centre.

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HAPPY LEARNING

The Leadership Centre Team

