

'DROPPING ANCHOR'

How to calm the 'emotional storm' from workplace worry, stress & anxiety.

About the Session

This hands-on, interactive workshop will teach participants how to manage the emotional response to stress, worry and anxiety in the workplace - to calm the mind and get back to doing what's important. It will teach:

- The 'illusion of control' over our thoughts and feelings and how they are culturally reinforced.
- What are 'emotional storms' and how we typically respond.
- How to 'notice and name' the intense thoughts and feelings which get us hooked.
- How to better respond to intense feelings of anger, anxiety & worries within our lives.
- Mindfulness strategies to reduce the impact and influence of emotional storms.

Who is it For?

To experience 'emotional storms' in our lives is to be normal and human no matter what our job, role or status. This course is suitable for anyone wanting to build their skills in recognising when our thoughts and emotions 'push us around', how to unhook from these unhelpful feelings and how to refocus our attention on the 'here and now'.



Prequalified Supplier Arrangement

Workshop Details

Delivery: Internet via Zoom/Teams App

Structure: Interactive/camera-active

Time: 60 minutes
Morning/lunch/afternoon

Class Size: 15-20 pax

Cost: \$200 per person

The Trainer

David Contarini is an dynamic and accomplished facilitator from humble beginnings as a physical education teacher to delivering engaging content in the leadership, events, sports management, road safety education & health and wellness sectors. David holds a Masters Degree in Management and Diplomas in Teaching, Events Management and professional Counselling.

