

Embracing Anxiety

Convert anxiety into fuel for creative solution-orientated thinking



Our Facilitator

An Bakkes

An is business and life coach, author, facilitator and consultant that has experience in various industries, (health, IT, financial services and other) and brings with her the knowledge of senior and executive leadership positions held over the years. Her passion for people, sharing knowledge and experience, as well as organisational change serves as her drivers.

In her individual and team coaching capacity, An has taken individuals as well as executive teams through the “**Embracing Anxiety**” process with amazing results reported by the teams and individuals that indicated changed awareness around their behaviour when anxious in the workplace as well as in other relationships.

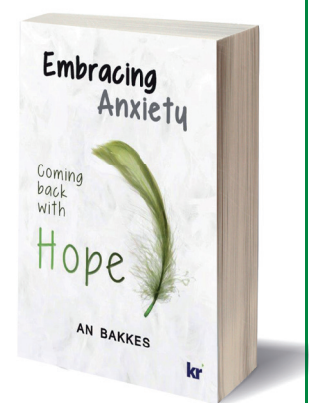
Build resilience to cope with uncertainty and complexity during change

Learn how to identify anxiety and pinpoint the various sources of stress, anxiety and fear in the workplace. It provides a model to deal with it and turn our anxiety into success. **Embracing Anxiety** finds its roots in a coaching approach and borrows from neuro-science, behavioural psychology, plus emotional and physical intelligence to support optimal adult learning. This workshop enables the application of information that is absorbed by the mind, integrated into the heart and expressed in changed behaviour.

Embracing Anxiety is designed to increase awareness around anxiety, behaviour, belief systems that inform the anxiety as well as equipping the individual and team to deal with the anxiety in a professional, healthy and productive fashion. The sessions focus on a holistic approach that includes all senses, different worldviews as well as including the physical and neuro-scientific aspect that influences our anxiety and behaviour.

Outcomes

- The powerful impact of suspended judgement
- Lead with confidence during transformation and change
- Stay motivated and productive whilst feeling stressed and facing deadlines
- Utilise anxiety to drive you to success, productive relationships and a fulfilling career
- Understand some of the neuro-science behind our behaviour when anxious
- Navigate ambiguity and complexity in the workplace with confidence and emotional maturity
- Becoming resilient in a demanding environment that requires quality decision-making and focus
- Each participant will leave with a practical model that can be used anywhere in the working environment and life as a whole



The training material required for this workshop is An's book “Embracing Anxiety: Coming back with Hope”

Designed for YOU...

Leaders of self, team and others needing to understand anxiety, and how to transform it into a positive, productive and creative energy.



Our clients



Department of Premier
Cape Town
Various Educators in
schools

"This is a profound workshop facilitated with energy and humour by someone who has truly been there, done it and worn the t-shirt with radical courage! An had a way of connecting with all of us, irrespective of age or gender right from the start of the morning. There was an immediate sense of respect that here was a woman who knew levels of fear and anxiety I imagine few of us have experienced."

Wendy Ward, Metamorphic

"A very practical and easy process to follow, that can have a huge positive impact on your team and business."

Leggas, Old Mutual

"One of the things I found the most useful, is her model - it has helped me to deal with and process my anxieties in a more systematic and logical, and flowing way (instead of the hamster running on a wheel approach which I used to take!!!)."

Monique Hellenberg

"I enjoyed the morning session and believe An was an inspiration with her story and the simple message that with positivity, self belief and drive we can get over the challenges that present us in our lives."

Chris Godenir, General Manager, The Peninsula All Suite Hotel



For more information:

Public workshops

Public workshops are held regularly in both Cape Town and Johannesburg.

Booking is essential, please contact **Johleen** on **021 913 3507** or at **johleen@symphonia.net**

Alternatively you can visit our website for more details.

In-house workshops

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you!

For more information about this cost-effective option, please contact **Kym** on **082 453 9393** or at **kym@symphonia.net**

www.symphonia.net



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Leadership Development