

Harness Anxiety to Energize Productivity

The brain's protective response to constant bad news leaves energy buried inside us. Then we can experience a number of problems, including sleep difficulties, fatigue, low energy, trouble concentrating, and increased tension and stress. These problems can leave us vulnerable to more anxiety, which is like having an overly sensitive smoke alarm system in your body. Unrelieved anxiety can lead to physical and mental health problems.

This live **60-minute webinar** will help participants to channel the energy of their anxiety towards feeling better and being more productive.

Program Content:

- ✓ Recognize anxiety is a huge energy source.
- ✓ Accept that heightened anxiety is completely normal during a crisis.
- ✓ Acknowledge, embrace, and channel the energy of anxiety.
- ✓ Break the loop of worrying about worrying.
- ✓ Know how to feel better when anxiety hits.
- ✓ Use a step-by-step approach to direct your anxious energy into productive work.

For decades Dynamic Learning has been offering well-researched, practical techniques that our clients apply immediately to increase productivity and enhance their working environment. Our customized in-house training programs help you motivate, develop, and focus your people on the issues that matter most to your organization. Our experienced team of highly trained facilitators offer you and your business exceptional insight and opportunities to improve your efficiency.

Book your 15-minute Discovery Call with Eileen Pease to discuss your training needs for 2021. Contact options:

<http://calendly.com/eileenpease>

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I really enjoyed the course and found that I learned a lot in just an hour. It had a good mix of information about how the brain works, as well as practical tips I can apply on a daily basis to help reduce my anxiety. The materials are a great reference for the future. I plan to refer to them regularly as I practice recognizing my irrational, automatic thoughts and turning them into productive thinking. I really am looking forward to applying and practicing what I learned.

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