

● **New Live Workshop**



Thrive  **Talking**

Workshops

Anxiety: Why Your Brain Won't Switch Off

Help your employees better understand anxiety, stress, and the mind-body connection in this practical and accessible, confidence building workshop. Learn how anxiety is one of the most common challenges affecting wellbeing and performance in the workplace.

30th July
13:00 – 14:00



Join For £25 Each*

Limited places due to demand, book your space now to avoid missing out!

Email training@lifeandprogress.co.uk to claim your seat.

Workshop Topics:

1. Understanding Anxiety
2. The Emotional Brain vs The Rational Brain
3. The Nervous System & Stress Response
4. Managing Anxiety in the Moment (4-step method)

Sign up by emailing:

training@lifeandprogress.co.uk



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Learning Outcomes:

Attendees will learn how anxiety affects the brain and body, recognise their own stress responses, and apply practical techniques to manage anxiety with greater confidence. They will also receive a post-workshop recap sheet.

About the Host:



Khody Damenstani is a psychotherapist, hypnotherapist, and performance coach specialising in behaviour change, mental health, and peak performance. He has delivered corporate mental health and performance seminars for multiple organisations.

*£25 per attendee, you will only be billed for actual attendance, with invoices issued after the workshop has taken place.

Partners:



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