



LEAD
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INC



'RECOGNISING AND COPING WITH STRESS AND ANXIETY IN THE VIRTUAL WORKPLACE' Live and interactive Online Workshop

**LEAD is pleased to present this new Online Workshop,
one of our 'LEAD ONLINE' learning events.**

This short Online Workshop is designed to give participants the opportunity to explore and understand the virtual working world that has been generated by the response to the Covid19 pandemic. It will focus on the impact of stress and anxiety in this new situation so that we can all more clearly understand the pressures currently being brought to bear. Strategies to deal with stress and anxiety relating to the individual needs of participants will be explored in order to help them deal with this new situation.

**REGISTER NOW! PLACES ARE STRICTLY LIMITED TO ENSURE THAT YOU EXPERIENCE
A HIGH LEVEL OF ENGAGEMENT AND INTERACTIVITY.**

Learning Outcomes:

- Develop a clearer understanding of the Covid19 situation as it applies to your current work;
- Understand the added stressors and anxiety-provoking situations arising from the pandemic in relation to the workplace;
- Clearly understand the difference between stress and anxiety and their causes;
- Recognise strategies that can be adopted to deal with stress and anxiety in any circumstance but especially in relation to the 'new world' of work.

Facilitated by Andy Busuttil– Andy is an highly experienced manager and senior professional development consultant. The approach Andy takes is grounded in sound principles and uses 'plain English' in order to avoid misleading and confusing labels that can 'blind the other with science'. His focus is on building a common understanding of the processes that are being discussed.

**To participate in this event you must have access to a PC with
video capabilities and a reliable internet connection.**



Date

19th May 2020

Time

9.30am - 12.30pm

Session will open 10 minutes before to enable you to test your audio & visual settings.

Modality

Via Zoom

Facilitator

Andy Busuttil

Cost

Members: **\$40.00 + GST**
Non-members: **\$55.00 + GST**

Contact

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Code

NP2005



Register on our website www.leadpda.org.au