

Please choose course date, complete your personal details and return to:

MindWorks
Trafalgar House
41 - 45 Beverley Road
Hull
HU3 1XH
Tel: 01482 240134

Goole:
The Courtyard
Boothferry Road
Goole
DN14 6AE
Tel: 01405 837130

Bridlington:
Hull and East Yorkshire Mind
Bridlington Railway Station
Station Approach
Bridlington
YO15 3EP
Tel: 01262 400000

Also visit
www.mindworkstraining.co.uk to
sign up for any of our courses!

After we have received your booking form, the course trainer will contact you in order to arrange a meeting. This is to ensure the course is suitable for your needs and enrol you on the course!

www.mindworkstraining.co.uk

Hull and East Yorkshire Mind
Trafalgar House
41 - 45 Beverley Road
Hull
HU3 1XH

Phone: 01482 240134
Goole: 01405 837130
Brid: 01262 400000
Fax: 01482 336878

E-mail:
mindworks@mindhey.co.uk

Registered Charity Number: 1101976
Company Number: 4936165
Charity Registered in England



» Anxiety Management

**FREE
TWO-DAY
COURSES
in 2008/09**



Goole/Bridlington



Hull & East Yorkshire
Mind

Anxiety Management

This two day course provides an introduction to anxiety and anxiety control, which is aimed at anyone wanting to improve their ability to manage their own anxiety.

It will enable individuals to understand anxiety and its associated effects, whilst presenting an effective set of



approaches in helping to support anxiety and anxiety stress related issues.

Other areas which will be addressed during the two days will be:-

- Finding out why people are anxious
- Understanding anxiety, panic attacks, low self esteem or confidence either at work or in your personal life and exploring effective techniques for successfully coping with it
- Effective and practical communication skills
- Identifying how stressful situations/circumstances can be managed to reduce levels of anxiety
- Coping skills for difficult social situations
- Relaxation and breathing techniques to control anxiety



ELIGIBILITY FOR COURSE:

- Over 19 years of age
- Resident in the Goole/Brid area
- Resident in the UK for over 3 years

Booking Form

Name

Address

Phone

Course Details

(All courses run from 9:15am - 4:30pm and at The Courtyard in Goole and The Old Parcels Office in Bridlington)

Course:

Anxiety Management

Dates:

Please return to address overleaf