

# ANXIETY MANAGEMENT COURSE

Is anxiety stopping you from doing things you would like to do?  
Would you like to feel calmer and more in control?

This is an opportunity to learn how to manage your anxiety in the safety of a group environment where group members have agreed to keep things discussed confidential and be non-judgemental to each other.

This five-week course is facilitated by a qualified and experienced counsellor and at the end of the course, you should be able to:



- **recognise your anxiety triggers**
- **reduce performance pressure**
- **apply relaxation techniques**
- **feel confidence in your abilities**
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**Venue:** Bucks Mind, High Wycombe  
**Cost:** £75  
**Duration:** 5 sessions, 3hrs each session

**For more information on our next anxiety management courses, please contact 01494 646 704 or [groups@nicolcounselling.com](mailto:groups@nicolcounselling.com).**