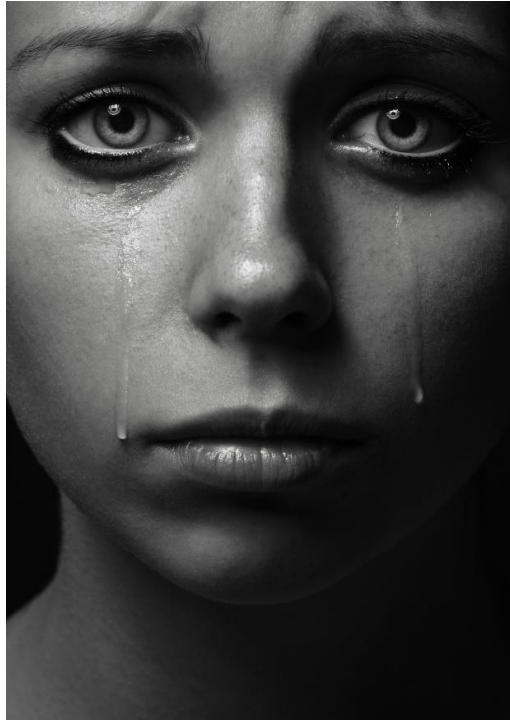


# ANXIETY WORKSHOP



|                     |   |
|---------------------|---|
| <b>Participants</b> | <b>18yrs upwards from all walks of life</b> |
| <b>Venue</b>        | <b>Gerrards Cross or High Wycombe</b>       |
| <b>Duration</b>     | <b>3hrs</b>                                 |
| <b>Course fee</b>   | <b>£30 per person</b>                       |

This workshop is an introduction to addressing general anxiety, improving stress-management and raising self-awareness.

It includes theory around anxiety and exploration of issues underlying it. You will learn how to challenge well-trodden, negative thought patterns and acknowledge your strengths.

Participants are also introduced to simple Mindfulness relaxation techniques that are highly effective in reducing anxiety. In the safety of a closed, non-judgemental group, we can share our experiencing and feelings. This helps to understand our emotional and historical links to anxiety.

To book a space on the next workshop visit Therapy Workshops at [www.nicolcounselling.com](http://www.nicolcounselling.com) and complete an application form. Alternatively, contact group facilitator Daniela Nicol at [courses@nicolcounselling.com](mailto:courses@nicolcounselling.com) or 01494 646704.