

Welcome

Managing Workplace Anxiety: Putting people first, gaining performance

We will explore the intricacies of the workplace environment and the challenges it poses for employees, as well as sharing personal experiences.

platformwellbeing.com



PLATF_{FORM}

Who are Platform Wellbeing?



Workplace Wellbeing



Talking Therapies



Education Wellbeing



Reflective
Supervision

Managing Workplace Anxiety: Putting people first, gaining performance

Dr Sian Edwards,
Head of Training and Delivery, Platform Wellbeing



DR SIAN EDWARDS

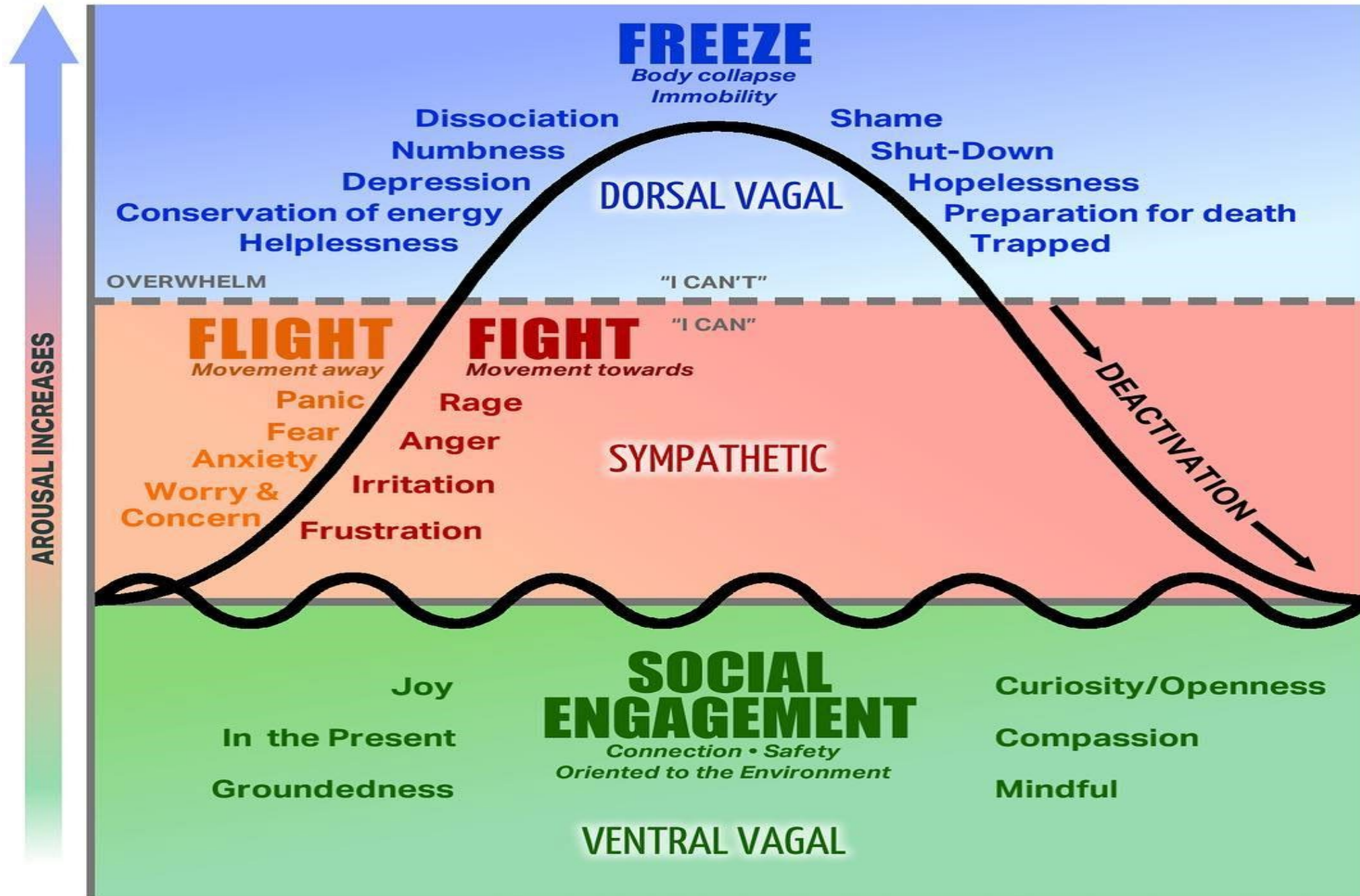
HEAD OF TRAINING AND DELIVERY
AT PLATFORM WELLBEING



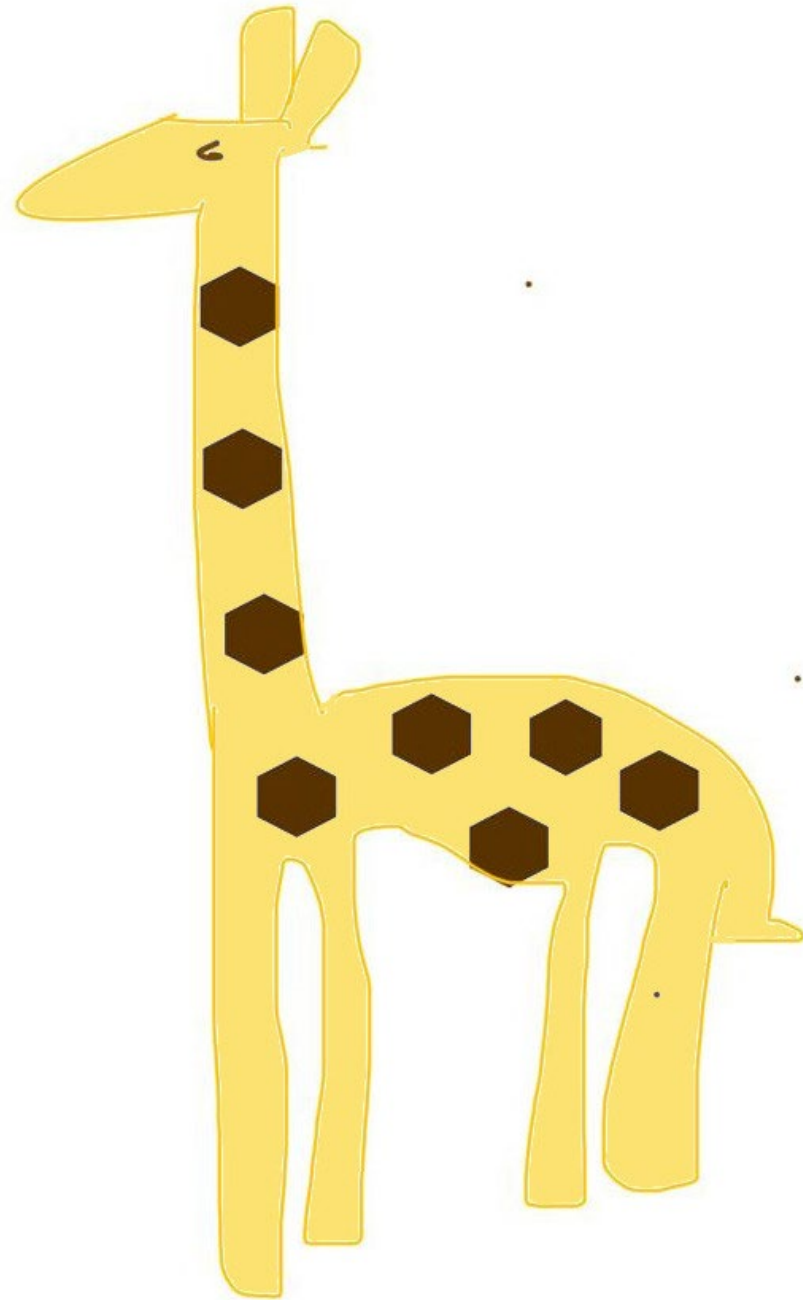
PETE JOHNSON

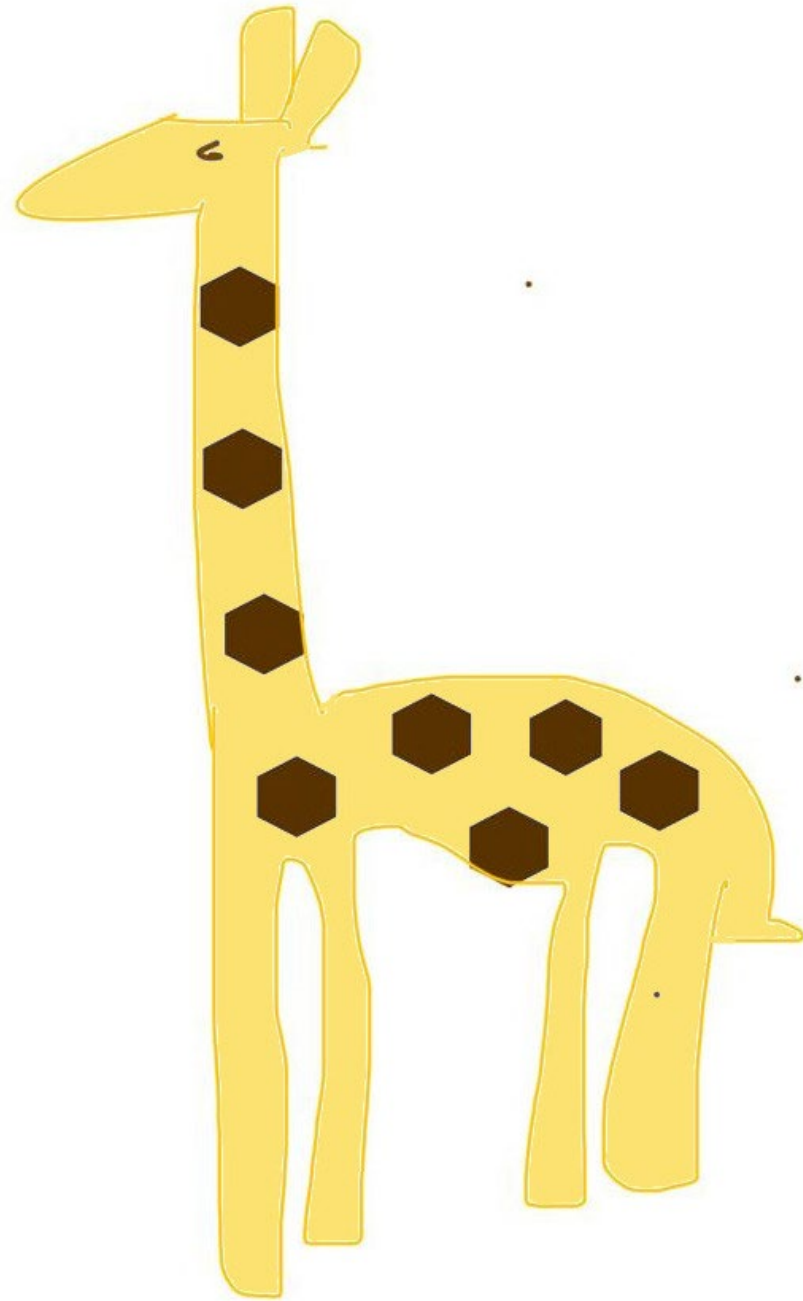
COMMERCIAL DIRECTOR AT
PLATFORM WELLBEING

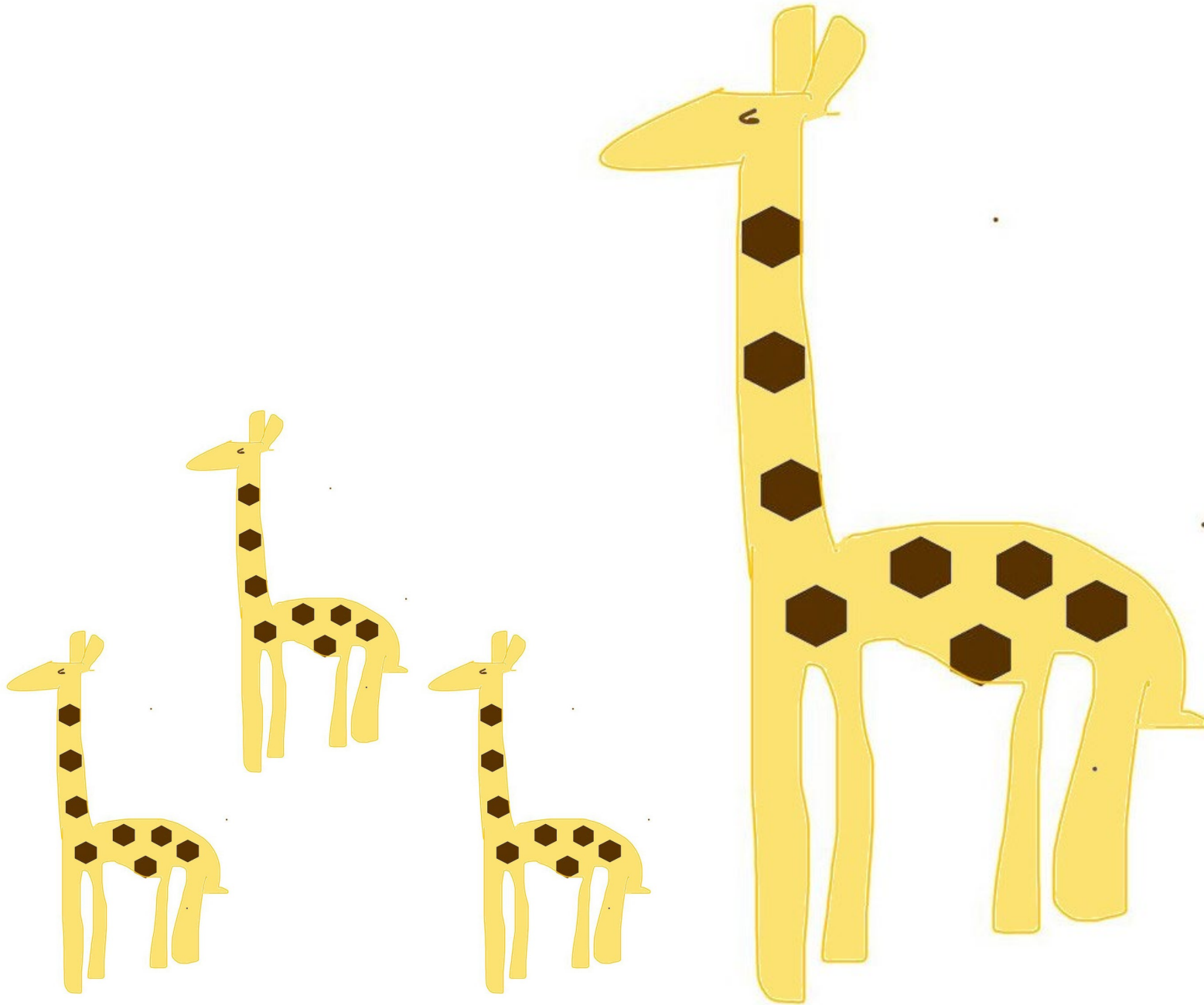
Anxiety is a natural response to pressure, feeling afraid or threatened, which can show up in how we feel physically, mentally, and in how we behave.

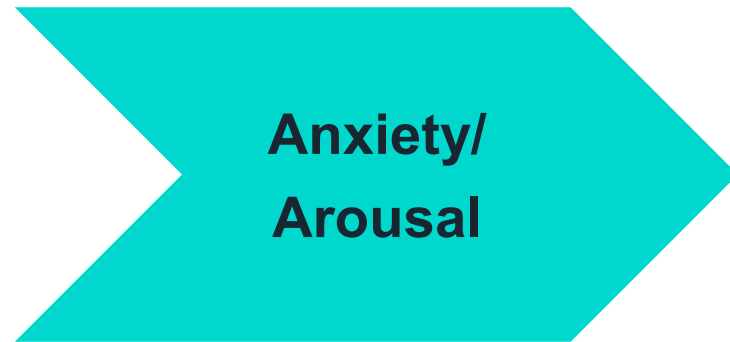


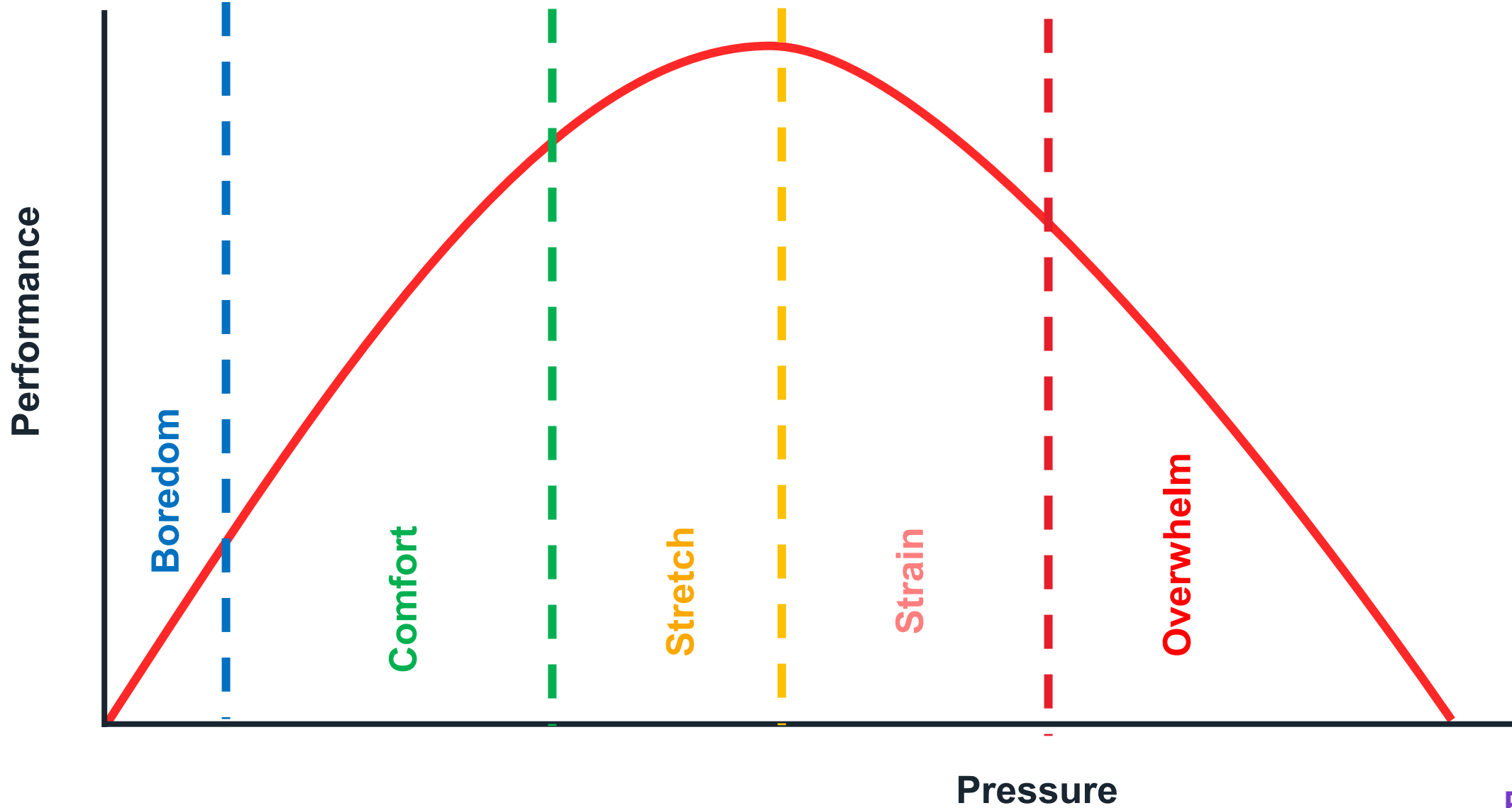
Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

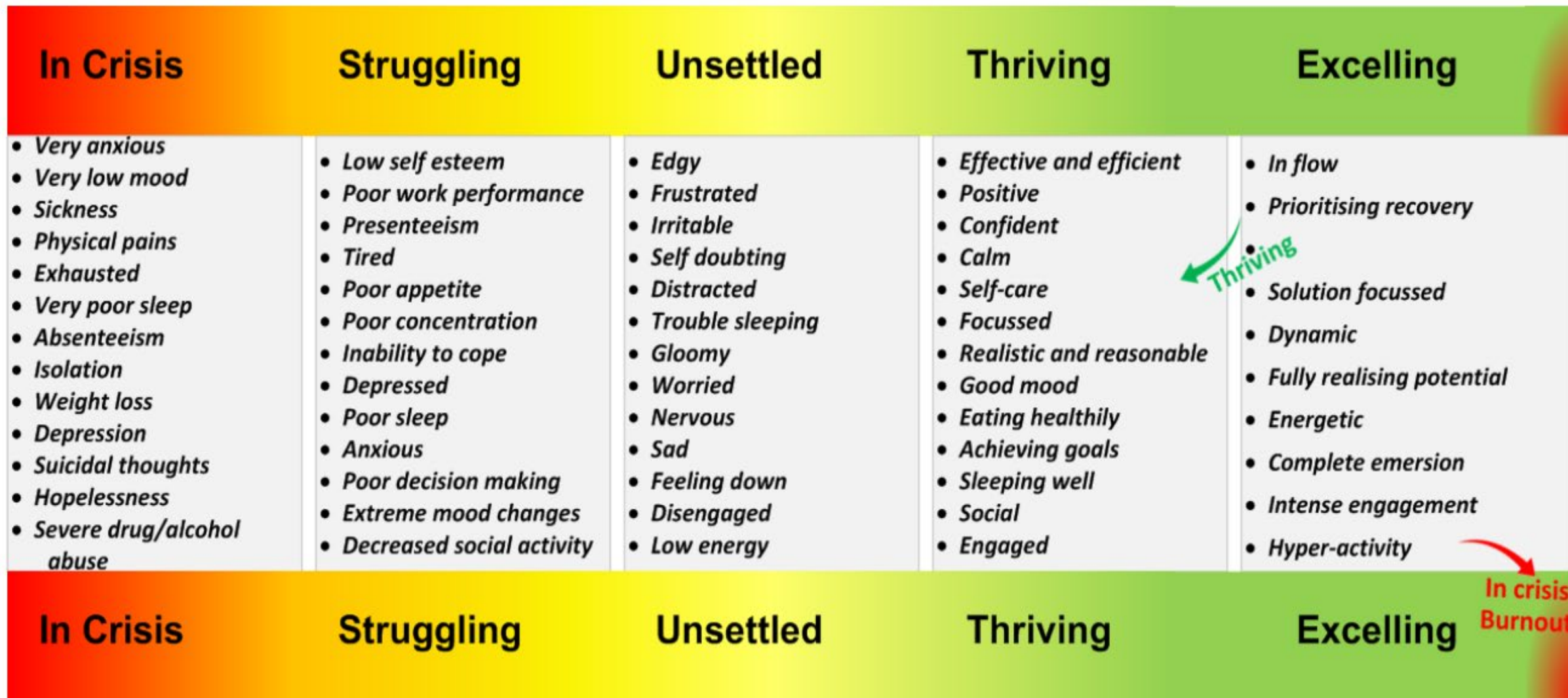


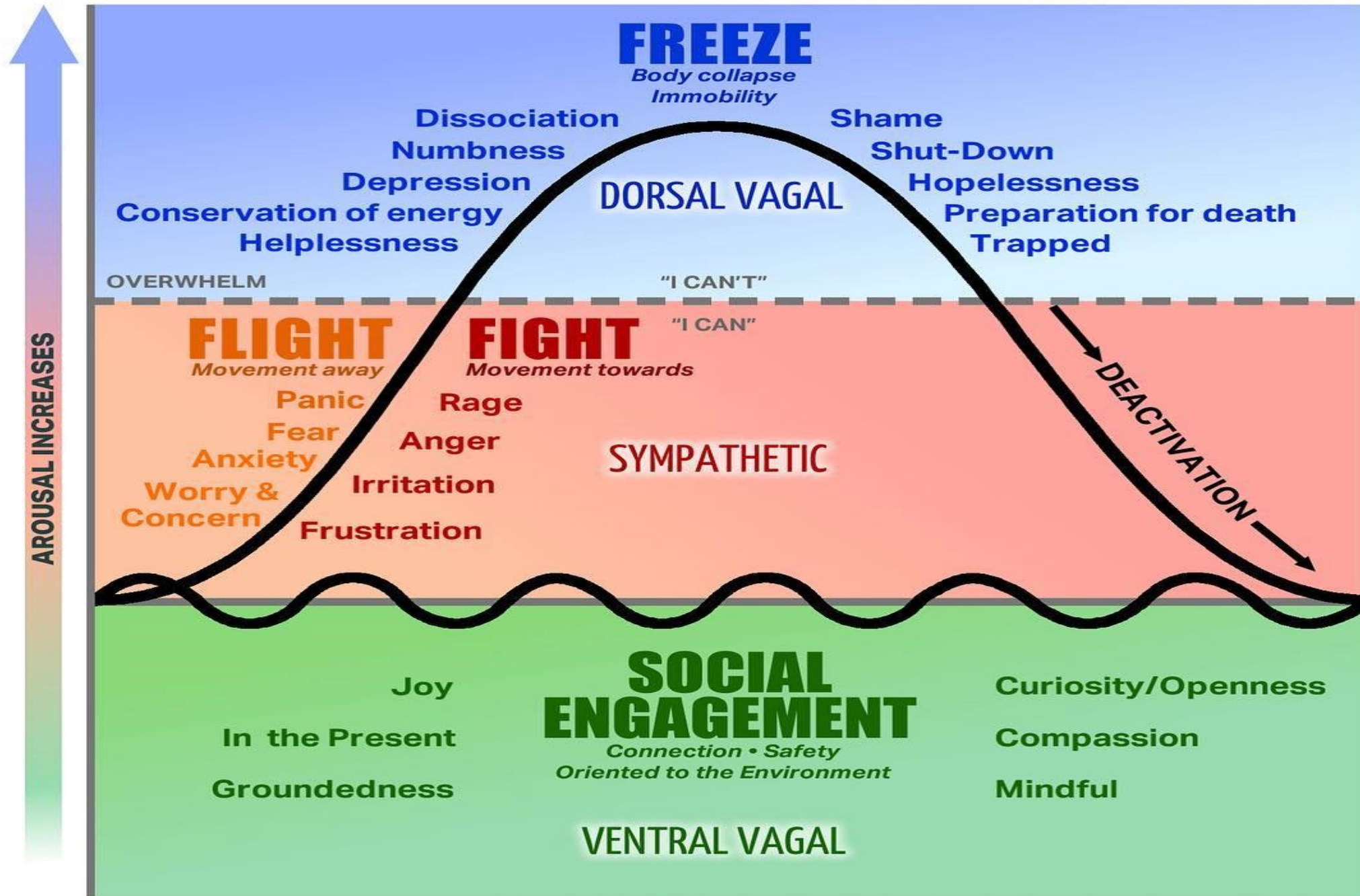








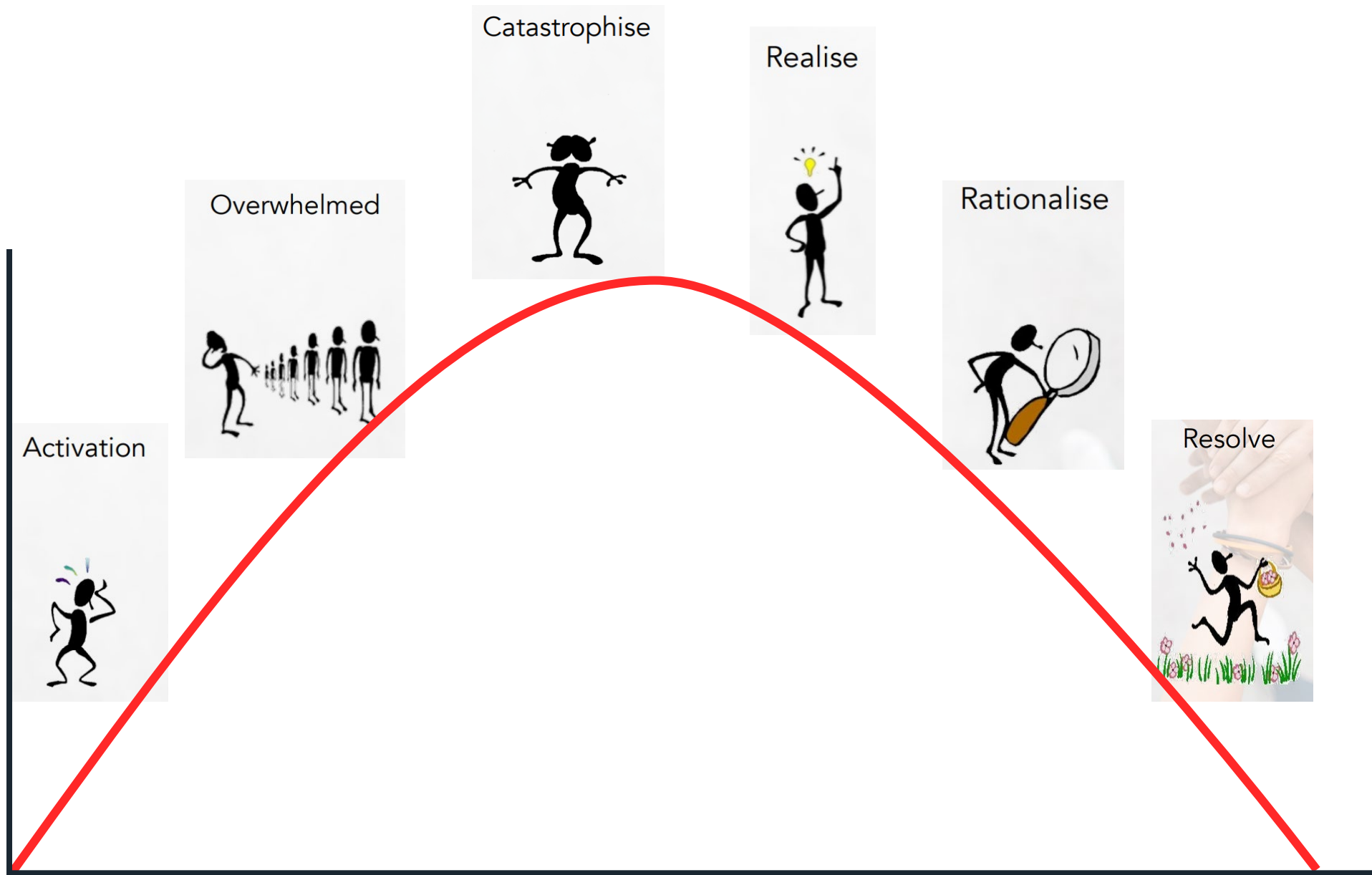




Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

Anxiety at work

- Meeting deadlines
- Working long hours
- Experiencing a workload that is overly high
- Having a lack of direction on tasks
- Experiencing a lack of perception of fairness
- Feeling a lack of control over the work environment
- Maintaining relationships with coworkers
- Dealing with conflict
- Managing staff
- Feeling judged on performance/criticised for failure



What can we do?

- Person over performance
- Empathic leadership
- Build trust
- Psychological safety
- RELATIONSHIPS!

Any questions??

New training

Anxiety in the workplace

2 hour workshop

With Dr Sian Edwards



- To understand what anxiety is and why it affects us.
- To understand individual differences and vulnerability to anxiety.
- To understand how anxiety impacts performance at work.
- To be aware of work demands that may contribute to anxiety.
- To understand how an organisation can help reduce the impact of anxiety on employees and create conditions for thriving.

Upcoming training

Understanding Mental Health: A relational approach and reflective practice

With Dr Sian Edwards

- Explore our understanding of mental health
- Understand relational working and its workplace benefits
- Share and understand our experience of good leadership
- Identify relationally healthy practices
- Understand the impact of blame and shame
- Provide tips on how to support our own mental health and those of our colleagues



Cardiff session:

Tuesday 20th February

Online session:

Friday 16th February

Get in touch

Mary Rogers

Business Development Manager

E: maryrogers@platform.org

T: 07825 740285



We would love to hear your feedback

Please can you spare 2 minutes to complete our webinar survey following this link:

<https://forms.office.com/e/pEkXRCJ5EB>

Thank you for joining us.

PLATFFORM WELLBEING

Expert Training.

Compassionate Workplaces.

Thriving Teams.

platformwellbeing.com



PLATFFORM