

Executive Summary

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Course Title: Living Anxiety-Free in Anxious Times

Outline of Training:

We live in anxious and uncertain times. Almost everyone is affected in some way or another. As long as we hold the misperception the external “world” is causing our anxiety, there will be no escape from fear. This training is about how to internally inoculate yourself from external pressures, allowing parents and professionals to thrive even in the midst of anxious times.

Target Audience: Workers and Supervisors wanting strategies, skills and techniques for surviving these challenging times.

Training Objectives:

- Recognize anxiety factors in how we see what we see
- Develop critical tools in recognizing their own lens of fear
- Develop critical tools in freeing themselves from their own lens of fear
- Become less entangled in being in relationship with others while learning to care for themselves in a more skillful, balanced, and interdependent manner