



Embracing Anxiety

Course

Focus: The Embracing Anxiety course focuses on how to manage *complexity* & *uncertainty* (some of the biggest contributors to anxiety & fear) with deep resilience. For the purpose of the course we define *resilience* as “coming back to a situation, scenario or person with *hope*.”

Who should attend: The course focuses across corporate, educational, and therapeutic industries. As well as general life and individuals.

Time: The course is a full day interactive adult learning event

When: Friday, 4th September
(venue to be confirmed)

Cost: R 1 995.00 per person

Qualifications: (as per profile)

On a professional level An is a life, business & agile coach that focuses on accompanying her clients through the discovery of their mastery & full potential, as well as enabling them through embracing their fears. The focus of the coaching is to discover limiting patterns, behavior and processes and replace them with enabling ones. Through this process the clients are left with life, business & agile tools that enables them for the next phase of the journey and growth.

On a personal level An is two time cancer survivor and has used this experience to create a model and course called “embracing anxiety” that focuses on how general anxiety & fear can be used as a healing & driving process rather than a limiting and disabling rabbit hole.

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