



Manage Anxiety to Build a Positive Mindset

Course Description

Did you know that science has shown that you can rewire your brain to be more positive just by thinking positive thoughts? Positive thinking helps prevent and control anxiety even during the most worrying of times. This training will uncover the power of a positive mindset and provide practical strategies for beginning your journey to a more positive you.

Outcomes:

- Discover the power of positive thinking.
- Learn innovative and creative ways to manage anxiety when worry and stress are apparent.
- Explore your worry patterns and learn how to start an action plan to build your positive mindset.

