

Knowledge session: dealing with fear of corona can be learned

The coronavirus has a major impact on society. The confrontation with the new reality we live in can lead to stress, uncertainty and fear. Uncertainty about the future, fear of going back to work, becoming ill, or infecting a vulnerable housemate.

Do you experience feelings of uncertainty during this period? Is your fear of the coronavirus so great that you experience mental and/or physical complaints? Are these feelings crippling you and do you have difficulty functioning in your work or private life? If you recognize yourself in the above, our online knowledge session 'Dealing with fear of corona' could give you valuable knowledge and insight. The goal of this session is to find out how certain emotions can have a less negative impact on your life. We start with a positive message: You can learn to deal with fear of corona! This session can help you on your way.

Fear of corona and feelings of uncertainty are common. It is neither possible nor desirable to eradicate these feelings. Basically, fear is useful and meaningful and everyone has their own way of dealing with feelings of fear. Maybe you push your feelings away and act as if nothing is wrong. Or these feelings take over your whole life, with the result that you no longer dare to go outside. If you can decide for yourself how to deal with these emotions, what would be the best method to do so and how do you achieve this? Through **knowledge**, self-**insight** (and an **action plan**).

In our free online knowledge sessions, we focus on the first step: obtaining **knowledge**. It is important to know how people deal with emotions, behaviors and thoughts. It is also important to have the most relevant and factual knowledge about what we are afraid of, the coronavirus.

Let this knowledge session be a starting point for gaining self-**insight** into your own thoughts, feelings and behaviors that cause the fear and to come to a personal action plan.



Dates

On Wednesday June 10th and Wednesday June 17th there will be a knowledge session from 14.00 – 15.00 PM. The session will be given in the form of a lecture. Interaction is limited, there is the opportunity to ask short questions (via the chat).

Sign up

You can sign up by sending an email to trainingen@enrgyinbusiness.nl. Mention in the mail your name and the date on which you would like to participate. You will then receive an email confirming your participation and the information so you can log in.

There are **no costs** associated with this knowledge session.

Follow on form

If you would like more guidance after the knowledge session; who knows, a personal conversation with one of our coaches may help you. Discuss this with your manager and send an email to coaching@enrgyinbusiness.nl.