

Webinar: 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 your employees need more guidance on how to cope with their feelings about the coronavirus? Are their feelings crippling their ability to function in their work or private life? Then our online and interactive webinar 'Dealing with fear of corona' could give them valuable knowledge, insight and coping tools. The goal of this interactive webinar 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 webinar can help your employees handle the situation.

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. One pushes away his/her feelings and pretends that nothing is wrong. For the other, these emotions take over their whole life, with the result they no longer dare to go outside. What would be the best method to decide for yourself how to deal with these emotions? And how do you achieve this? Through **knowledge**, self-**insight** and an **action plan**.

Content

In our free online knowledge sessions (Wednesday morning), the focus is on obtaining **knowledge**. Besides this, we offer your employees the opportunity to participate in an interactive webinar to take it a step further: going from **knowledge**, to self-**insight** and an **action plan** / coping strategy.

A small group of colleagues will have the opportunity to participate and interact with the trainer and each other, so they can have a better understanding of their own (fear causing) thoughts, feelings and behavior. By better understanding these feelings and themselves, it is possible to adjust coping styles and to come up with a personal **action plan**.



Details webinar

This interactive webinar is developed for a small group of colleagues (maximum 8 participants). The steps as mentioned above will be followed and the investment for you as an employer is € 475,- excl. BTW. For more information, please contact us via trainingen@enrgyinbusiness.nl or call Marije Maltha on 06-17153326.

Follow on form

If your employees would like more guidance (after the knowledge session/webinar); a personal conversation with one of our coaches may provide some help. For more information regarding this service, please contact your contact person within Arbobotler, send an email to coaching@enrgyinbusiness.nl or call Jeroen Altena on 06-42397412.