



# ANXIETY MANAGEMENT WORKSHOP

Total Life Counseling Center



▶ *“Hurt doesn’t have to define you, but refine you.”*

Are you feeling *stressed* and *overwhelmed* in your daily activities? Learn how to manage your life, instead of it managing you through our Anxiety Management Workshop!

Workshop Outline:

- Self Evaluation on Anxiety and Self Confidence
- Goal Setting
- How to Not Let Others Control You or Your Life
- Your Purpose in Life
- Improving Self- Confidence
- Setting Priorities & Time Management Skills
- Developing a Support Network
- Improving Communication Skills
- How to Change the Way You Think



## Everyone Needs a Little TLC

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