

Webinar on

How Best To Handle Your Business When There Is High Anxiety At Home

Learning Objectives

Learn how anxiety can affect the whole office and ways in which managers/bosses/staff can handle anxiety in the office

Learn personal ways to handle anxiety at home

Understand the relationship between work and home and how each affects the other

This webinar
you will learn
natural
methods to
manage
anxiety and
improve your
business
performance.

PRESENTED BY:

Donald Grothoff is an author, speaker, EFT practitioner, podcaster and the owner of Family OCD in Charlotte, NC USA. He has worked with traditional and alternative practitioners such as a pediatric neurologist, integrative pediatric and naturopathic doctors, psychiatrists, chiropractors, therapist and social workers.

On-Demand Webinar

Duration : 90 Minutes

Price: \$200

Webinar Description

Managing a business and home life is a challenge by itself, but when your home life is chaotic due to someone dealing with an anxiety disorder it can be disastrous. Learning how to handle that can be the difference between a business succeeding or failing. Being in his own home-based businesses for over 20 years, Don has experienced the struggles of anxiety in a home with two children dealing with Obsessive Compulsive Disorder. OCD is a high anxiety disorder that took over and disrupted his life. Every day, Don had to carry on his business while chaos reigned at home. He has come to the realization that success or failure in business begins in what people are thinking and believing about themselves and the work they do. Business begins with an idea or thought and then takes action to make it happen.



Stress and anxiety have adverse effects on how we think and can be the downfall of any business. Stress and anxiety can disrupt thinking and stop actions. Don takes his audience through an educational and interactive class teaching how thought process and mindset work and natural methods for handling everyday anxiety and stress that improve mindset and increase performance. Participants come away from the class with action steps and tools which they can start putting to use immediately in their businesses and lives. In this workshop, you will learn natural methods to manage anxiety and improve your performance.

Basic understanding of how the brain operates
Anxiety and the effects on the brain
Ways to Handle Anxiety in the Office
Bonus – Ways to personally handle anxiety



Who Should Attend ?

Office Managers , Managers

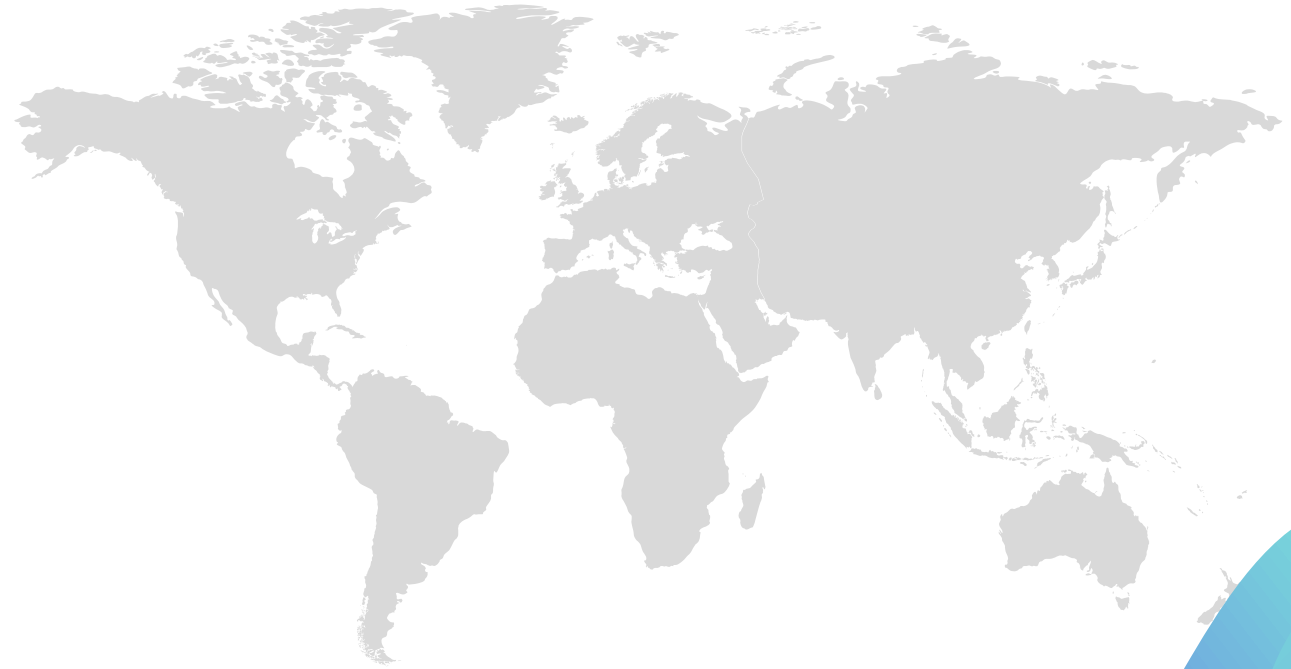
Supervisors , CEOs

Owners of Businesses

Entrepreneurs

Employees

Parents with Businesses



To register please visit:

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