

PLEASE COME TO OUR FREE WORKSHOP ON **Managing interview anxiety!**

When is it?

It's on Tuesday 22nd March 2016 at 10.15am – 11.45am. Please arrive 10 minutes before the start time.

Where is it?

It's at Cedar House, St Michaels Hospital, Gater Drive, Enfield, EN2 0JB.

What will this workshop cover and who can come to the workshop?

This workshop will support you to understand anxiety and the body's fight, flight or freeze response. The workshop will introduce you to different approaches that you can use to manage interview anxiety. These approaches include how you can reflect differently on things, how what you do can have a big impact on how you feel and how you can step back from worries and make room for difficult thoughts and feelings. We also look at the benefits of interview specific preparation and how we can balance this with learning to tolerate uncertainty.

This workshop is available to anyone who meets the eligibility criteria for an IAPT employment workshop and would like to come!

How can I access this workshop?

Just ask the person who told you about the workshop to add your name to the list of people who will be attending (so we know you would like to come!). Alternatively you can book your place directly onto the workshop by visiting our "events" page on our website: www.lets-talk-iapt.nhs.uk/events

The eligibility criteria for our employment workshops are also on this web page.

Who is delivering this workshop?

An NHS service called Let's Talk (an Improving Access to Psychological Therapies service) is delivering this workshop and they have lots of experience of working with people who would like support with employability skills.

Thank you for taking the time to read this flyer. For more information about the service delivering this workshop please visit www.lets-talk-iapt.nhs.uk