

# Manage anxiety & develop emotional intelligence

Develop skills and techniques with which to self-manage feelings and experiences.

The Emotional Resilience to understand responses to anxiety, to pause, and have awareness of choices



## EMOTIONAL RESILIENCE

Know your values

Perservere  
Keep going

Be prepared for ups  
and downs

The Emotional Intelligence to be self-aware of the thinking and responses needed to be resilient and agile



## EMOTIONAL INTELLIGENCE

Self awareness

Motivation

Skills

Caring for yourself

The Emotional Agility to develop new tools and techniques; and know what works and what feels right



## EMOTIONAL AGILITY

Change from  
previous patterns

Use new vocabulary

Create a safe space  
to think

Coaching models, engaging activities and accessible techniques to develop:

- practical knowledge about the physical reactions to anxiety and why they happen
- a range of ways of thinking and reacting to encourage intentional self-help actions
- ideas, tools and strategies that are personal, pro-active and practical