



CERTIFICATED

# HOW TO MANAGE ANXIETY AND BURNOUT

Practical strategies to recognise signs, reduce stress, and build resilience at work

**HOW LONG IS IT?**

3 hours

**HOW MUCH DOES IT COST?**

£25 + VAT per learner

Closed-cohort pricing available on request.

PRINCESS ROYAL  
TRAINING AWARD  
2024Apprenticeship Provider  
of the Year  
Winner 2025

# What to expect...

The **How to Manage Anxiety and Burnout** course equips learners with the knowledge and tools to recognise the signs of anxiety and burnout, manage stress effectively, and support personal and workplace wellbeing.

Anxiety and burnout can have a significant impact on both employees and organisations. By understanding how to prevent, manage, and respond to these challenges, workplaces can create a healthier, more resilient culture that supports productivity and staff retention.

## Who is this course for?

This **interactive course** is suitable for employees at all levels — from team members to managers.

The course will provide learner with practical coping strategies, signposting advice, and resilience techniques.

Learners will receive a **Connect2Care Certificate of Attendance** upon completion.

## By the end of this course, learners will:

1	Understand anxiety and recognise common signs and symptoms
2	Explore practical strategies to reduce anxiety
3	Understand burnout and how it links to personal resilience
4	Identify ways to prevent burnout before it escalates
5	Relate anxiety and burnout to absenteeism and reduced performance
6	Understand the importance of resilience in workplace settings

## Course Details:

**Duration:** 3 hours.

**Assessment:** Learners will receive a **Connect2Care Certificate of Attendance** upon completion.

**Group size:** Max. 50 learners per session.



## Find out more...

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[connect2care.net](https://connect2care.net)

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