



## Factsheet - Workshop on “Anxiety”

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### Workshop outline:

The workshop is designed for those executives who are keen to beat the challenge of workplace anxiety and remain productive. During the course of this workshop, using a combination of presentation slides and discussions; we are confident that executives, both as individuals and as well as a team, will develop a practical understanding of the key problems pertaining to their approach towards coping anxiety and will be able to solve them in the best possible ways.

### Learning Objectives:

- Understanding Anxiety
- Difference between Fear and Anxiety
- Symptoms of anxiety
- Types of anxiety
- Risk factors of anxiety
- Things to avoid
- Tools and techniques to cope anxiety

### Who should attend:

- Corporate Executives
- New Employees
- Employee’s Families

### About Mentriq:

Mentriq is a Mental Health Services organization founded by our founder and mentor, Dr. Perna Kohli PhD, in 2017. We are a group of 20 Psychologists, based out of Delhi NCR. We offer our services all across the country in the areas of workplace mental health and professional development.

### About Dr. Perna Kohli:

Dr. Perna Kohli is a holder of BA (Hon.) & MA in Psychology, M Phil as well as Doctorate in Clinical Psychology. She has been pursuing private practice as a Clinical Psychologist since 1993 and been associated with a Global Wellness Company since 2000 in the capacity of Consulting Advisor. Dr. Kohli is a Certified Coach Trainer, Corporate Trainer & Teacher Trainer for Louise Hayes’ Heal Your Life, Certified in Advance DNA 1 & 2 for Theta Healing & Certified in Organization Development Alternatives (ODA) for Executive Life Coaching & Hypnotherapy. During the period of 2012-13, she was the Head for CII Committee on Core Issues of Women. Since 2014, she has been associated with CII/NSDC/Ministry of Skill Development, GOI as the Mind Trainer- Beauty & Wellness Sector Skill Council. She is Founder Member of Vishakha Committee against Sexual Harassment of Women. Since 2015, she is also a Member of the Governing Council of the Sunshine World Schools, Goa. Till date Dr. Kohli has delivered more than 250 man days of workshops.

For further information please call or email us.