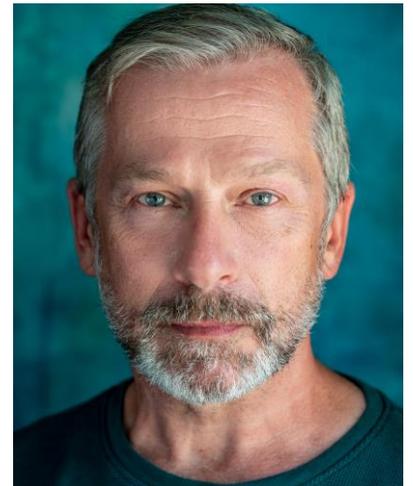


Confidence Building and Stress Busting...

Post Covid

**Improve
on You**
Presentation Training

With
Paul Ryan



'Re-entry anxiety is normal'

‘Re-entry anxiety is normal’

**Hilary Ammon –
Clinical Psychiatrist at the University of Pennsylvania**

Changing our shape and our words

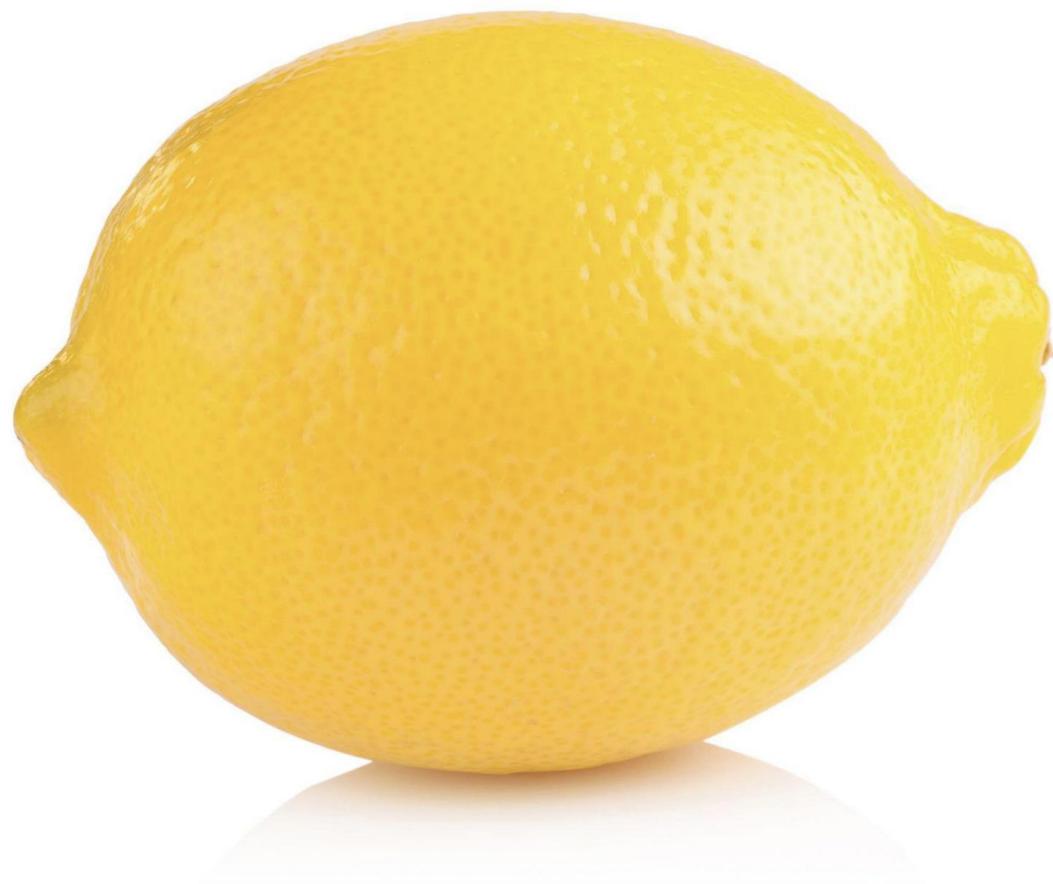
Finding peace in the moment

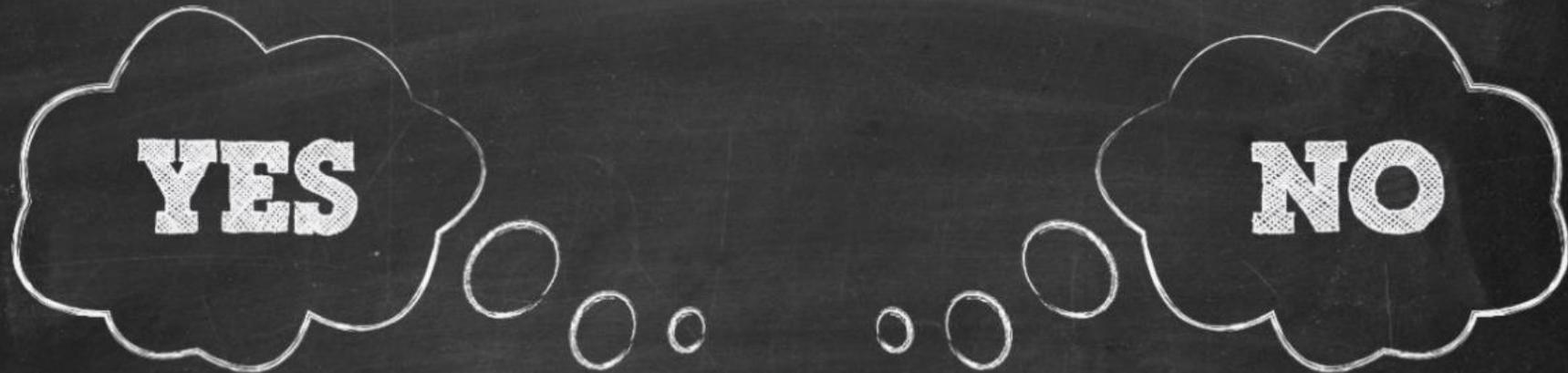
How to handle mistakes

Ready

Steady

Go!





Ask them to work late

Ask them to help on a project

Pick up the children

Hang up the washing

Stay for one more drink



BREATHE
DEEPLY

Mistakes!



(What to do when things go wrong!)



