

OVERCOMING ANXIETY

A Public Seminar

Three sessions

Session 1 Introduction:

1. Understanding Anxiety
2. Anxiety, Fear, Panic & Phobia
3. Fight & Flight Responses

Session 2 Interaction:

4. Emotions Vs Behaviour
5. Identifying Anxiety-prone Areas
6. Hyperventilation & Anxiety

Session 3 Education:

7. Techniques for Overcoming
8. Question & Answer Session



Illustration by Lionel Hartley ©1995,2002

Presented by
Lionel Hartley

(Session 2 participants must have attended Session 1,
Session 3 participants must have attended Sessions 1 & 2)

This seminar is internet listed at www.geocities.com/info_seminars

