

Jesse – avoids work functions

At the assessment

Jesse says he can't stop his thoughts. He avoids work functions because he feels anxious about socialising with people he doesn't know. He feels this is impacting his ability to do his job. The coach suggests they work on Jesse's social anxiety.

Treatment goal: To engage in meaningful conversation at a work function, without making an escape plan.

How **coaching worked** for Jesse

Real-life practice

Jesse keeps a diary of thoughts and predictions and ideas on how to challenge them.

Jesse tests new approaches at a work social function. He has a good conversation with someone.

Jesse has two conversations at another work function despite some initial anxious thoughts.

Jesse keeps practising new behaviours.

Sessions with the coach

The coach discusses how thoughts and predictions can result in safety seeking behaviours such as avoidance. The severity of Jesse's problem is 4/6.

They review the diary and talk about new approaches. For example, focus on what another person is saying, or planning conversation topics.

Jesse reports he felt very anxious at the function, but he sat with that feeling. He feels proud of his success.

Jesse reports that he can perform better in his job. He has also joined a committee at his child's school.

Jesse's anxiety has reduced. Severity is now 0/6. They recap what works to reduce social anxiety.

Outcome: By the end of the sessions Jesse has reached his goal. Jesse reports feeling confident for the first time in his professional life.

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