



# Anxiety at School

A professional development seminar for high school teachers and school professionals.

Anxiety loves anything unfamiliar or any situation that comes with any potential for embarrassment, failure, humiliation, shame, or separation from a loved one – and school is ripe for all of them. Anxiety can significantly affect friendships, confidence, and school performance, but it doesn't have to be this way. All children and teens need the right support to thrive, and even the smallest considerations can go a long way to helping children with anxiety find the very best version of themselves. Participants will learn practical, powerful, proven ways to effectively respond to children with anxiety, as well as ways to capture the powerful buffering role school can play in strengthening all young people against anxiety at school and beyond. We will explore:

- an explanation of anxiety that makes sense of symptoms and behaviours;
- the conversation that can strengthen all adolescents against anxiety;
- why anxiety can escalate during adolescence, and what teens need to know;
- how anxiety interferes with behaviour, grades and performance;
- the different ways anxiety can manifest at school;
- how to manage difficult behaviours when anxiety is the fuel;
- managing anxiety in the classroom;
- the relationship between anxiety and learning, and how to unlock a 'learning brain';
- creating an environment that will encourage brave behaviour in all students;
- how to build a growth mindset around anxiety, and why it matters;
- how to respond to anxiety in the moment to make way for calm and courage;
- the strategies that will strengthen all adolescents against anxiety, and build confidence and courage at school and beyond;
- parents and teachers – a powerful team. What parents need to know, and how to have the conversation that will make a difference.



## About Karen Young

In her work as a psychologist, Karen has worked extensively with children and teens. She is the founder of 'Hey Sigmund', an online resource that provides contemporary, research-driven information on anxiety. The website attracts millions of visitors each year. She is the author of two books 'Hey Warrior' and 'Hey Awesome, which creatively assist children to understand and manage anxiety. She is a sought-after speaker and consultant, both here in Australia and overseas.