



Strengthening Against Anxiety at School

A professional development seminar for teachers and school professionals.

As much as school can nourish and grow all children, the very nature of anxiety means that school can also be abundant with anxiety triggers. Anxiety loves anything unfamiliar or any situation that comes with any possibility (even if it's unlikely) of embarrassment, failure, judgement or separation from a loved one. Even the warmest, most welcoming schools will be ripe with all of these. All children and teens need the right support to flourish, and even the smallest considerations can go a long way to supporting young people with anxiety to thrive. This workshop will provide participants with 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 young people against anxiety;
- how anxiety interferes with learning, grades and performance, and how to shift anxiety to maximise potential;
- the different ways anxiety can manifest at school and how to respond;
- when school comes with vomiting, sick tummies or sore tummies – why, and what to do;
- how to support children and parents through school avoidance, and what to do when things feel 'stuck';
- how to manage challenging behaviours in ways that preserve influence and connection;
- how to engage parents to be changemakers, why well-intended responses from parents often make anxiety worse, and the conversation and strategies that can have a transformational impact on anxiety;
- how to build high-quality relationships with all children that will strengthen against anxiety and build brave behaviour – and why this is essential;
- how to build a brave mindset and expand their willingness and capacity to approach challenge;
- how to respond to anxiety in the moment to make way for calm and courage;
- the strategies that will strengthen all children against anxiety and build confidence and courage;
- when peer relationships drive anxiety – the profoundly powerful way of working with bullying and strained peer relationships to build relational safety for all young people;
- building the toolbox for students – practical strategies for calm.



About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.