



Holding Strong, Loving Boundaries While Preserving Influence and Connection

How to lead with presence, connection, and confidence.

A seminar for parents and carers.

Big feelings and the behaviours that often come with them are part of growing up, but when emotions run high, even the strongest parent-child connection can feel the strain. Boundaries matter. So does connection. The challenge? How to hold your ground without losing your connection and influence in the process. As parents and carers, we want to hold firm, loving boundaries, but how do we do this in a way that deepens connection, holds them safely, and protects their willingness to turn to us? This seminar is here to help. Whether you're raising little ones, tweens, or teens, you'll gain powerful insights into your child's development and feel even more equipped to lead with strength, connection, and confidence. You'll leave with practical strategies, and a deeper understanding of how to support your child through the tricky moments while holding your ground and preserving your connection and influence. No perfect parenting required. This seminar is ideal for parents, carers, and anyone living or working with young people. We'll explore:

- the neuroscience behind big feelings and behaviour – what's going on in your child's brain, and why that matters;
- how to set limits that stick, without power struggles or constant negotiating;
- what actually works when it comes to discipline (and why the old ways often backfire);
- how to talk about boundaries and behaviour in ways that open conversation, reduces conflict, and minimises resistance;
- how to repair after the rough patches, because conflict isn't failure, it's part of the job;
- when behaviour is extra big – the real reasons behind challenging behaviour, and how to respond effectively;
- how to build a strong emotional toolkit that your child can carry into adulthood
- how to navigate screen-time challenges without daily battles and negotiation – and why it matters more than ever;
- getting kids to open up, and why spontaneous chats are key to safety and trust;
- the 3-step strategy for holding strong, loving boundaries while boosting influence and reducing resistance;
- a simple, ready-to-use family 'Online Safety Contract' that can be used to spark important conversations and set meaningful boundaries without conflict around screen time, social media, gaming, and online activities.



About Karen Young

Karen began her career as a psychologist and is now recognised as one of Australia's leading authorities on paediatric anxiety and the neurodevelopment of children. 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.



The Brain-Based Classroom

Building Calm, Connection, and Regulation at School to Maximise the Social-Emotional Development and Learning Potential of all Students

A professional development seminar for teachers and school professionals.

With profound advances in modern neuroscience, we now have a deep understanding of the neural foundations of behaviour, regulation, relating and learning. By applying this knowledge to the classroom, educators are in a unique and powerful position to provide the relationships and experiences that will support regulation, strengthen students against anxiety, reduce challenging behaviour, support social and emotional development, buffer and heal against the effects of trauma, and maximise the learning potential of all children. This workshop will translate the latest neuroscientific theory into actionable, relatable, practical strategies and insights to support the strengthening of all children. Participants will learn the foundations of calm and connection in the classroom, how to build relationships with children that heal, protect, and strengthen, and the techniques to build a more regulated, more connected, more learning-ready classroom.

- how the learning brain develops,
- the essential conditions that will 'switch on' the learning brain,
- the effects of early trauma on development, and how to strengthen and protect against the effects of this,
- how trauma, stress, and anxiety impact learning, behaviour, and relationships, and how to respond effectively,
- the neural foundations of behaviour, learning, and emotion,
- how to reduce the incidents of challenging behaviour,
- how to respond to big behaviour to effect immediate and long-term change,
- the neuroscience of calm, connection, and regulation,
- the techniques that will support a more regulated, learning-ready classroom,
- how to build relationships that protect, heal and strengthen all children,
- the brain-body relationship, why physiology matters and how to use this to nurture a learning-ready state,
- why environment matters – the relationship between sensory input, learning, and behaviour,
- the strategies to build calm and open children to learning,
- how to support educators to support the students in their care, and why prioritising the care of educators is essential for a regulated, learning-ready classroom.



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Strengthening Children & Teens Against Anxiety

A seminar for educators.

As much as school can be an environment that can nourish and grow all children, the very nature of anxiety means that school can also have plenty of anxiety triggers. 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. This presentation 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 educators 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 relationship between anxiety and learning, and how to unlock a 'learning brain';
- the different faces of anxiety at school;
- understanding big behaviour and big feelings – why many common behaviour management techniques don't work, and what to do instead;
- 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 at school and beyond;
- how to build relationships that help buffer against the effects of trauma, anxiety, and chronic stress, and strengthen a child's capacity for more positive behavioural and learning outcomes.
- the power of self-regulation and co-regulation, and its practical applications in responding to anxiety;
- brain to brain – how our own emotional state influences, and is influenced by, the children and teens in our care, and the practices that can expand our capacity to nurture ourselves and others.



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