

ANXIETY  
COACH

## Anxiety Coach™

HELP TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN AGED 4 -12

PARENT EDUCATION COURSE

AT Zig Zag Public School

AT 11:30 - 2:30pm

ON 15th and 22nd of November 2024

### PARENTS WILL LEARN

By having a greater understanding of the problem of increasing levels of anxiety in children parents will identify anxiety and counter it's progress.

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises

### PARENTS WILL RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

### WHO IS RUNNING THE COURSE

The course facilitator is: Jacob Gray

Who completed the Anxiety Coach training with Parentshop on: 28th February 2024

### REGISTER TODAY

Contact details: Zig Zag Public School

Email: zigzag-p.school@det.nsw.edu.au

Website:

How to register: If you are interested please contact the school via email or call the office on 6351 2352

This course is being facilitated by a Parentshop® licensed practitioner