

Anxiety in the Classroom

by Karen Young from Hey Warrior!



Strengthening Children & Teens Against Anxiety at School

As much as school can nurture, nourish and build children and adolescents, the very nature of school means that it can also be abundant with anxiety triggers that can significantly compromise their growth and development. Anxiety can be fuelled by anything unfamiliar or any situation that comes with the potential for failure, shame, embarrassment, humiliation, or separation from a loved one – and school is ripe with all of them. School presents many children with some of the greatest challenges to their mental health, but it also presents some of the greatest opportunities to strengthen against anxiety. This workshop is for any professional who works with or within the education system, or with children or adolescents struggling with anxiety at school. Participants will learn practical strategies to effectively respond to children and teens 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:

- the impact of anxiety on performance, behaviour and friendships at school
- different ways anxiety can manifest at school
- how anxiety can present across different developmental stages and why this needs to be considered when responding to anxiety at school
- how to manage challenging behaviours when anxiety is the fuel
- the relationship between anxiety and learning, and how to unlock a 'learning brain'
- how to support children through separation anxiety, school anxiety, and school refusal
- the role of sensory processing in anxiety and how this can be used to identify potential school triggers and shape therapeutic interventions
- the popular behaviour management techniques that can make anxiety worse, and what to do instead
- changing the mindset – why the way children think about anxiety matters, and engaging a strength-based model of anxiety to calm anxiety and build resilience
- the neurobiology of anxiety - how to use this as a scaffold for therapeutic change
- the effects of parental accommodation - how to enlist parental support and activate their capacity to be change-makers
- how to build relational safety and high quality relationships, and why this is key to learning, educational engagement and anxiety management
- the power of attachment – using attachment-based strategies to calm an anxious brain and promote therapeutic change
- the neurobiology of compassion – the strategies that can neutralise anxiety and activate courage and resilience
- the impact of trauma on anxiety in the classroom, and how to respond
- practical, powerful strategies (which can be used in an individual or whole class format) to boost the capacity of all young people to weather anxiety and build courage, resilience and wellbeing at school and beyond.



Karen Young translates the neuroscience of anxiety and every day life into meaningful advice for all ages. Karen founded the popular website, Hey Sigmund, attracting millions of readers each year worldwide and is author of the best selling Hey Warrior book for young people with anxiety.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Pay the booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Copy of handouts (if applicable).
- Individual attendance certificates for all participants (first name, last name and email required)

To request a quote contact
office@compassaustralia.com.au