

They find change, uncertainty and new things tricky to manage.

Getting things wrong, they have such self-doubt.

They struggle going to school.

Low self-esteem and confidence.

They need everything to be a certain way.

Being away from parents.

Homework & friendships are triggers.

THE BIG 'A' ANXIETY WORKSHOP

EMPOWERING PARENTS & PRACTITIONERS TO HELP ANXIOUS CHILDREN

5 WEEK ONLINE COURSE

JOIN US

26th February 2026
5th March 2026
12th March 2026
19th March 2026
26th March 2026

7.45 PM - 8.45 PM

Led by:
KATIE PURDY
Founder of:
MINDFUL BRAIN

Katie is a former Head Teacher & leading Children's Wellbeing and Mindset Coach in Reading & West Berkshire.

BOOK HERE:



WHAT WILL YOU LEARN?

Session 1: We will explore what anxiety is, how it affects the mind, brain and body and identify signs and symptoms to look out for. We will also examine triggers, types of anxiety, and debunk myths about anxiety. We will begin our journey to learn ways to support a child.

Session 2: We will focus on how to respond and co-regulate in those peak moments of heightened anxiety. You will learn the best approach to use in this 'crisis state', when reasoning and rationalising is out of the window!

Session 3: We will learn how our words have power! Using NLP techniques, we shift anxious patterns of thought and behaviour.

Session 4: We learn how to reflect on 'peak moments' and plan ahead to prepare for potential triggers. Our approach cultivates collaborative relationships, develops emotional intelligence, harnesses autonomy and values mental health and wellbeing.

Session 5: We will equip you with all the tools you need to prep and reset after those wobble moments. This session focuses on a proactive approach to 'Brain health' using mindfulness and breath work techniques. You will leave the session with a tool kit full of knowledge and skills to implement, creating a calmer place for all.

www.mindfulbrain.co.uk/usefullinks

SIGN UP!

MINDFUL
BRAIN

