

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

Getting things wrong, they have such self-doubt.

**They struggle going to school.**

Homework & friendships are triggers.

Being away from parents.

Low self-esteem and confidence.

They need everything to be a certain way.



# THE BIG 'A' ANXIETY WORKSHOP

**EMPOWERING PARENTS & PRACTITIONERS TO HELP ANXIOUS CHILDREN**

5 WEEK ONLINE COURSE

## JOIN US

26<sup>th</sup> February 2026  
5<sup>th</sup> March 2026  
12<sup>th</sup> March 2026  
19<sup>th</sup> March 2026  
26<sup>th</sup> 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.

**SIGN UP!**

[www.mindfulbrain.co.uk/usefullinks](http://www.mindfulbrain.co.uk/usefullinks)

