

The Big A Anxiety course for PARENTS coming up soon! It starts on Thursday 25th May! See all dates, more info and book your place www.mindfulbrain.co.uk/usefullinks

 **We unpick anxiety and ways we can support your children over 7 weeks.**

This unique course and coaching programme aims is to provide you with an understanding of your child's experience of anxiety and a toolkit of resources to use in peak moments and to prepare for potential triggers.

The programme includes:

- 4 live online training sessions
- 7 weeks of virtual group coaching*
- Specialist advice and guidance
- Access to tailored e-resources to use with your child
- Support to implement methods and approaches learnt.
- Connection with a network of parents going through a similar experience to you
- Access to further support programmes offered by Mindful Brain

Live online sessions:

In 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 anxiety triggers, types of anxiety, and debunk myths about anxiety. We will begin our journey to learn ways to support your child.

In Session 2, we will focus on how to help your child during 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!

In Session 3, we will learn how to reflect on peak moments and plan ahead to prepare for potential triggers. This will empower you and your child. With a collaborative approach you will feel more connected, confident, and prepared to bust anxiety.

In our final session, Session 4, we will equip you with all the tools you need to prep and reset; cultivating emotional intelligence and resilience in the home! You will leave the session with a tool kit full of knowledge and skills to implement with your family.

*You will be invited to join an online group for coaching support across the 7 weeks.

Any questions, drop me an email. To avoid the event brite charges feel free to contact me directly katie@mindfulbrain.co.uk