



### Anxiety Workshops

- 90 minute sessions with children from 1<sup>st</sup> class to 6<sup>th</sup> class
- 45 minutes with Junior and Seniors Enfants
- 30 children maximum per session
- Parent session after school hours, 90 minutes in duration. (7:30 p.m. until 9 p.m. approximately)
- Session explains the brain, how it functions normally and the impact anxiety has on the brain's functionality
- Explains the link between brain, body and emotions when feeling anxious.
- 7 step Relax Kids session which gives children tools and practical actions they can use to manage the negative impact of anxiety.
- Parent session covers all of the aforementioned
- Ensuring that both parent and child share a common understanding and approach to managing anxiety
- Parent session will also explore how important our language is when dealing with Anxiety
- This session includes an extended relaxation.

5 Class sessions (delivered over 1 day)

1 parent workshop

Total Investment

€500.00

Please read my published article linked below to give you a flavour of my approach to dealing with Anxiety

<https://www.alustforlife.com/personal-stories/how-my-family-befriended-and-beat-the-anxiety-monsters>