



# ANTICIPATING ANXIETY

## Proactively Preparing for Student Anxiety

Primary & High School Teachers & Well-Being Committee Members

Presented by **Greg Mitchell**

Anxiety is a pervasive disorder and effects nearly all aspects of school today. Teaching students with anxiety disorders has become an essential skill that nearly all teachers lack training in. Greg Mitchell works with schools all over Australia to help create school cultures that can deal with stressful issues and has developed a five-part approach that enables schools to:

- Create safe emotional classroom environments
- Empower resilient relationships and peer support
- Design better approaches to problem solving and cooperation
- Teaching and learning that enables positive risk taking
- Plans which help anxious students design positive responses to daily challenges and better goals for brighter futures.

This workshop abounds with practical strategies, useful insights, humour, compassion and buckets of common-sense including:

- How to counsel students in panic mode
- How to move students in deep defence lock down
- How to anticipate problems and teach students to deal with their inner critic
- How to deal with our own anxieties and provide the template for honest discussions about fear, image and reality

Tuesday 30 June 2020  
Waterview Convention Centre,  
Homebush, Sydney NSW



Completing 'Anticipating Anxiety' will contribute 5 hours of NSW Education Standards Authority (NESA) Registered PD addressing 4.1.2, 4.2.2, 4.3.2, 4.4.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

*Testimonial: I highly recommend Greg for his ability to engage, his professionalism, the research into the content he presents and his downright awesomeness*



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**CONFIRMATION** Your enrolment will be confirmed via email

**SEMINAR FEE** \$270 per person (incl. gst, morning tea, lunch, handouts and certificate).

**SEMINAR PROGRAM** Registration 8.30am – 9.00am Seminar 9.00am – 3.00pm

**CANCELLATION** Please visit our website for our cancellation policy.

Visit [www.dynamiclearninggroup.com.au](http://www.dynamiclearninggroup.com.au) to view our complete range of exciting seminars!

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