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ACCREDITATIONS

International Speaker
CPD accredited
Clinical Hypnotherapist
2016 National Consultant of the Year
Master NLP Practitioner

BOOK



Anxiety Alchemy provides a 5 step process to transform anxiety into confidence.

SOCIALS

🌐 [Caroline-Cavanagh](https://www.linkedin.com/company/caroline-cavanagh)
▶ [Caroline-Cavanagh](https://www.youtube.com/channel/UC...)
f [AddingZestLtd](https://www.facebook.com/AddingZestLtd)



SHOWREEL



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



TESTIMONIALS

ANXIETY ALCHEMY: TRANSFORMING ANXIETY INTO PROFIT

KEYNOTE SUMMARY

Taken from her book, *Anxiety Alchemy*, Caroline takes her audience through 5 practical steps that unburden them from the weight of anxiety and unleash a **catalyst for growth**.

The session encourages participants to focus on a specific struggle they have and apply the process to **develop confidence** in delivering ongoing success.

KEY TAKEAWAYS

- A clear understanding of a process that can be easily applied to any anxieties;
- **Practical experience** of how to apply some of the elements most relevant to you;
- How to continue to refine the process to become an **expert alchemist**.

WHO WILL BENEFIT FROM THIS TALK?

- Companies who are experiencing high costs through poor mental health;
- Companies who have invested in mental health first aiders and wish to further enable them to support positive mental health through **prevention rather than cure**;
- Events focused on mental health.

This talk is a prelude to an 8 session training course to deepen skills in each of the steps.

LOGISTICS

- 45-60 minute interactive keynote or webinar
- 2 hour workshop
- Content is adapted to the specific audience

TESTIMONIAL

"It was important to send an empowering message. I was originally drawn to her content as she frames anxiety in a positive way and we wanted to move away from the doom and gloom that mental health is often positioned under."

"Her content was just as we wanted: sharing very practical skills, an engaging delivery style, thought provoking exercises, not to forget to mention the right amount of humour to lighten in the right moments."

"The feedback from our audience, which spanned over 300 people, continues to be positive. The empowerment wave continues on our intranet, removing the stigma of anxiety."

Malene Munsch, Imperial Brands

