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**Caroline Cavanagh**

Anxiety Specialist

Giving leadership to anxiety



[TESTIMONIALS](#)

## MAKING ANXIETY YOUR CATALYST FOR SUCCESS

### KEYNOTE SUMMARY

Anxiety is typically treated as a problem. Left unaddressed it reduces learning capacity, impacts attendance and limits potential.

Using her simple, proven techniques, Caroline helps students transform the weight of anxiety into a **catalyst for growth**. Anxiety is not a problem, but an indicator you are about to learn.

This can lead to **greater resilience**, the ability to approach challenges with greater self-belief and **greater academic focus**.

In this highly practical session, students are actively engaged to feel the results of changing their relationships with anxiety and how that can lead to **greater success** both in and out of school.

### KEY TAKEAWAYS

- Understanding the role of anxiety and how to work with it rather than against it
- Confidence in using three techniques that will deliver greater **mental resilience**
- Enhanced motivation to use the techniques for **sustained performance**

### WHO WILL BENEFIT FROM THIS TALK?

- Secondary Schools and Sixth Form Colleges

### LOGISTICS

- 45-60 minute interactive keynote

### TESTIMONIAL

*"It was remarkable at the change from how 30 children walked into the room to how they left an hour later. They were buzzing and discussing which technique worked best for them. A genuinely transformational session".*

Robert Lannan, Highgate School, London

### CONTACT

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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

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