



CONTACT

✉ caroline@carolinecavanagh.co.uk
☎ (+44) 7825 912502
🌐 carolinecavanaghspk.com

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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SHOWREEL



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



TESTIMONIALS

HOW TO OPTIMISE LEARNING FOR ANXIOUS LEARNERS

KEYNOTE SUMMARY

Anxiety quietly undermines student performance — diminishing attention, confidence and cognitive capacity. For many students, the stress response is triggered way before a session begins.

This **practical, engaging session** is for teachers, trainers and school staff, developing skills to heighten their ability to support anxious and neurodivergent students, facilitating greater student focus, **information retention** and ultimately a greater **return on their training delivery**.

KEY TAKEAWAYS

- How to adapt pre-course communications to reduce anxiety triggers
- Techniques to improve the start of training sessions to support all learners
- Adapt delivery styles to **increase engagement**
- Create a psychologically safe learning environment
- Help students reach a mental state that **supports participation**

WHO WILL BENEFIT FROM THIS TALK?

- Trainers and educators

LOGISTICS

- 45-60 minute interactive keynote
- 2 hour workshop

TESTIMONIAL

"I joined a webinar delivered by Caroline Cavanagh to members of the CPD standards office. The talk was helpful for raising awareness and succeeded in furthering my understanding of anxiety, but more practically it has given me some actions which I'll use to improve how we serve our clients."

Caroline is clearly a subject matter expert and delivered her content in a way that was thought provoking, engaging and most importantly, motivated me to take action which will cascade through to the people I work with."

Mike Mottram, Leadership Development Lead,
Atlassian Williams F1

