



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

 [Caroline-Cavanagh](https://www.linkedin.com/company/caroline-cavanagh)

 [Caroline-Cavanagh](https://www.youtube.com/channel/UC...)

 [AddingZestLtd](https://www.facebook.com/AddingZestLtd)



SHOWREEL



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



TESTIMONIALS

PANIC ATTACKS: WHAT THEY ARE, HOW TO MANAGE THEM AND HOW TO HELP SOMEONE HAVING ONE

KEYNOTE SUMMARY

Panic attacks are common — especially in late teens and early adulthood. Whilst terrifying for the person experiencing one, it can be equally scary for everyone around them.

This powerful, myth-busting talk is designed for sixth form students, university students and the staff who support them.

Caroline breaks down:

- What a panic attack actually is (and isn't)
- Why they happen
- The science behind acute anxiety
- The most common misconceptions around panic attacks

And the participants leave with **practical, usable tools** that reduces the impact of panic attacks for all.

KEY TAKEAWAYS

- Clarity of what a panic attack is
- A **practical series of techniques** to de-escalate a panic attack
- **Confidence** in how to support someone having a panic attack

WHO WILL BENEFIT FROM THIS TALK?

- Students and educators at Sixth form colleges and Universities

LOGISTICS

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

TESTIMONIAL

"Caroline delivered a talk on panic attacks to over 200 sixth form students. She had them engaged in a way that has transformed both awareness and confidence in understanding panic attacks -something we have been seeing increase dramatically in recent times."

S Stoneham, Sixth Form Pastoral,
Bishop Wordsworth School, Salisbury.

