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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/UCv8v8v8v8v8v8v8v8v8v8v8)

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



SHOWREEL



Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



TESTIMONIALS

REDUCING EXAM STRESS

KEYNOTE SUMMARY

Every school wants students walking into exams focused, confident and ready to perform at their best. That level of performance doesn't begin in the exam hall — it starts weeks, even months, earlier.

In this **highly practical and engaging session**, Caroline equips students with proven, easy-to-apply techniques to:

- Revise smarter — not longer
- Identify their individual learning strengths and blind spots
- Absorb, retain and apply information more effectively
- Manage anxiety before it becomes performance-limiting
- Stay calm, focused and strategic in the exam hall

KEY TAKEAWAYS

- **Personal understanding** of the best way to revise for you
- An awareness of the role of anxiety and how to manage it effectively
- A **range of techniques** to support optimum performance at the critical time

WHO WILL BENEFIT FROM THIS TALK?

- Sixth form colleges and Universities

LOGISTICS

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

TESTIMONIAL

"I never understood why I could not retain information. Now I do, I feel completely different towards my A levels and am feeling really optimistic."

Dan, A-Level student

"Caroline is a safe pair of hands."

S Stoneham, Bishop Wordsworth School, Salisbury.

