



CONTACT

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

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

TEACHING TEACHERS: UNDERSTANDING ANXIETY AND HOW TO REDUCE IT IN THE CLASSROOM (AND FOR YOURSELF)

KEYNOTE SUMMARY

Poorly managed anxiety stops students from fulfilling their potential and stressed teachers struggle to teach effectively.

Anxiety in the classroom decreases when educators have the skills to support anxious students and when students hear consistent messages and use shared techniques. This consistency can shift a school's culture, creating an environment for everyone that is more **conductive to learning**.

This is not an off-the-shelf presentation. Caroline will work with you to understand your culture and priorities.

Typical elements include:

- Identifying anxiety triggers and responding effectively
- Understanding how adolescence shapes anxiety and working with it, not against it
- Exploring the link between anxiety and control, and helping students build autonomy in managing their anxiety
- Managing teachers' own anxiety and stress

KEY TAKEAWAYS

- **Confidence in addressing anxiety** in the classroom effectively
- A common understanding across the teaching body to ensure consistent use of language patterns, techniques and approaches leading to **cultural change**
- A practice what you preach ethos to support the teaching body

WHO WILL BENEFIT FROM THIS TALK?

- Secondary Schools and Sixth Form Colleges

LOGISTICS

- 45-60 minute interactive keynote or webinar with a follow up webinar 4-6 weeks later
- Content is adapted to the specific audience

TESTIMONIAL

"Thank you for delivering such an insightful presentation yesterday on building a supportive culture around student and staff anxiety. Your practical strategies for helping everyone manage their anxious thoughts were immediately applicable and valuable. I feel this has made such a positive impact on the school body already and your techniques are at the forefront of everybody's mind."

Alex Margerison, Deputy Head, NBH Canonbury School

