



[SHOWREEL](#)



# Caroline Cavanagh

Anxiety Specialist

Giving leadership to anxiety



[TESTIMONIALS](#)

## TRAIN ANXIETY LIKE A DOG AND HAVE A FRIEND FOR LIFE

### KEYNOTE SUMMARY

Few like to talk about anxiety but we all have it. And for many, it inhibits their productivity, creativity and ultimately happiness.

Using a very relatable concept, Caroline delivers a simple to understand framework that helps people develop the skills and motivation to change their relationship with anxiety from an annoying, out of control terrier into a well trained police dog. Using a unique combination of humour, relatability and **scientifically supported** psychological models, Caroline empowers attendees to change their relationship with anxiety from a liability into a **catalyst for growth**, empowering them to achieve success in whichever direction they choose to take it.

### KEY TAKEAWAYS

- When stepping out of the comfort zone, understanding how to use the feeling of anxiety to make that step easier
- How to challenge yourself to grow without leading to overwhelm
- How to **increase confidence** to support further growth

### WHO WILL BENEFIT FROM THIS TALK?

- Companies who wish to invest in staff productivity
- Membership organisations who want to add value to their members through supporting their mental growth
- Events focused on mental health

### LOGISTICS

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

### TESTIMONIAL

*"Caroline navigates a difficult subject with consummate ease, professionalism... and a style that uses great humour and compassion. Having said that, there is no shying away from dealing with the effects of "not" dealing with anxiety in the workplace, or in life.*

*"A superb session that has enabled me to way better understand that weird internal chatter. Book her!"*

David Hyner, Training Consultant



### 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

- [Caroline-Cavanagh](#)
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- [AddingZestLtd](#)

