



# No Scaredy Cats™ for Professionals

\*PD points apply

HELP TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN AGED 4 -12

PROFESSIONAL DEVELOPMENT WORKSHOP FOR PROFESSIONALS

## LESSON FRAMEWORK

- Coverage of three key foundational concepts which relate to the treatment of childhood anxiety.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.
- Scenarios and worksheets.

## EXPECTED LEARNING OUTCOMES

- Greater understanding of the problem of increasing levels of anxiety in children and some strategies for its treatment.
- An opportunity to become a certified No Scaredy Cats™ parent educator.

## WHAT'S INCLUDED

- A note-taking manual for use in the webinar or at a face to face course.
- Meals and refreshments for face to face courses.
- PD points for accreditation with your respective professional associations.
- A certificate of completion for the workshop.
- An opportunity to become a certified No Scaredy Cats™ parent educator.

## CERTIFICATION

To become a certified parent educator, you'll be provided with additional resources needed in order to present to parents. This ensures that our product is only being taught at the highest quality. There are several benefits in becoming certified:

Certification is renewed each year. Certification is \$69 per person for the first year, thereafter there will be a \$49 membership fee charged annually to remain a certified parent educator.

## WHAT COMES WITH CERTIFICATION

- Listing on our website as a certified No Scaredy Cats™ parent educator.
- Access to additional resources such as relevant articles and tips on presenting.
- A comprehensive set of session guidelines.
- Digital practitioner materials, including a slideshow for parent presentations and teaching films.
- An annual licence to teach the program to parents.
- Resources for marketing.
- A comprehensive set of session guidelines.



## ABOUT

### THE COURSE CREATOR Michael Hawton, MAPS.

Michael Hawton is a psychologist, trained teacher and author. He has worked as an expert witness in The Family Court of Australia and The NSW Children's Court. He is a highly experienced mediator and has developed several nationally recognised parenting, practitioner and teacher PL courses.

### HAVE US TRAIN YOUR WHOLE TEAM

\*Talk to us about convenient and cost effective in-house training for your staff in your school. Email: [service@parentshop.com.au](mailto:service@parentshop.com.au)

Call 1300 738 278 or email us at [info@parentshop.com.au](mailto:info@parentshop.com.au)