



**Parentshop**  
lifelong behaviour change



# No Scaredy Cats

HELP PARENTS TO REDUCE ANXIETY AND BUILD RESILIENCE IN CHILDREN AGED 2-12

ONE-DAY PROFESSIONAL LEARNING WORKSHOP

No Scaredy Cats™ is based on three underlying principles: first, by having an understanding of how anxiety develops parents can counter its progress, second, teachers and parents can play a preventative role in the aetiology of children worrying too much, third, there are practical steps to take to build resilience thinking in children.

### RATE CARD

- Early Bird @ \$299 available until 2 weeks prior to the course.
- Full price @ \$349



**NSW  
EDUCATION  
STANDARDS  
AUTHORITY**

No Scaredy Cats® program will contribute to 7 hours of QTC Registered PD addressing Standard Descriptors 4.3.2 and 6.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

See what's included, curriculum details & two step certification process overleaf.

Active PD points apply.

### REGISTRATION

**SYDNEY:** 4 MAR 2020 | 22 JUNE 2020

**BRISBANE:** 27 Feb 2020 | 2 JUNE 2020

**MELBOURNE:** 15 APRIL 2020

**ADELAIDE:** 3 MAR 2020 | 11 JUNE 2020

**NEWCASTLE:** 12 MAY 2020

**PERTH:** 30 APRIL 2020

**HOBART:** 18 MAR 2020

**GOLD COAST:** 22 APRIL 2020

**CAIRNS:** 28 APRIL 2020

**LIVERPOOL, SYDNEY:** 5 MAY 2020

**ALBURY:** 19 MAY 2020

**DUBBO:** 27 MAY 2020

Terms & conditions of enrolment apply

Register online [www.parentshop.com.au/noscaredycats](http://www.parentshop.com.au/noscaredycats)

### PAYMENT METHOD

Credit Card (Mastercard/ Visa)  Invoice

NAME ON CARD	
CARD NO	
EXPIRY	CCV

### SUBMIT

SCAN & EMAIL [info@parentshop.com.au](mailto:info@parentshop.com.au)  
FAX 02 6680 8900 CALL 1300 738 278  
POST PO Box 102, Byron Bay, NSW 2481

I agree to the terms & conditions  
Visit <http://www.parentshop.com.au/terms-conditions-scheduled-courses/>

NAME		
ORGANISATION		
STREET ADDRESS		
SUBURB	STATE	P/C
EMAIL		
PHONE	FAX	

Quantity

COURSE LOCATION / DATE
DIETARY REQUIREMENTS

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

## JOIN OVER 12,500 PROFESSIONALS TRAINED BY US

### WHAT'S INCLUDED:

- Lunch and refreshments included.
- A note-taking manual for use at the workshop.
- 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.

### LESSON FRAMEWORK

- An overview of how a well-honed theory can help parents and teachers identify and understand children's anxiety issues.
- Coverage of how some misguided policies which are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of the 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™ practitioner.

### CERTIFICATION - AN ADDITIONAL STEP.

If you wish to become a certified parent educator, you can pay an annual certification fee and you'll be provided with additional resources required to teach the No Scaredy Cats program to parents. This ensures that our product is only being taught at the highest quality. Certification is renewed each year. Certification is \$69 per person for the first year, and \$49 charged annually to remain a certified practitioner. There are several benefits in becoming certified:

### WHAT COMES WITH CERTIFICATION

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

### CAN'T MAKE OUR SCHEDULED COURSE DATES?

Talk to us about convenient & cost effective in-house training for your staff in your organisation.

Email: [service@parentshop.com.au](mailto:service@parentshop.com.au)

Have you ever wondered what's going on in a child's brain when they feel anxious, panicked or worried? A child's amygdala (a feature of their 'old' brain) and their cortex (a feature of their 'new' brain) are notorious sources of anxiety. One is in charge of a child's fight or flight response; the other is a hub for worry and ruminating. In this course, you'll learn about how to help a child or young person take charge of these brain functions and stop unnecessary anxiety. More than that, you can help them become more resilient.

**MICHAEL HAWTON, MAPS.**

### 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 PD courses.

### OUR PRESENTERS

Our dynamic and engaging presenters have been sourced from a variety of professions and bring with them years of practical experience within their chosen field.

### WHAT PROFESSIONALS ARE SAYING...

■ The trainer knows his stuff and parents find his programs engaging and useful... Definitely of value for any parent, not just those needing extra help.

**MELISSA PHILLIPS, SCHOOL COUNSELLOR/PSYCHOLOGIST, NSW DEPT. OF EDUCATION**

■ Fabulous presentation. Practical and thought provoking. Extremely relevant to increasing anxiety observed in schools.

**KIRSTY BRADY, GUIDANCE OFFICER, EQ**

■ A great framework for explaining anxiety in kids and empowering parents with the skills to manage it.

**KATIE WALLACE, GENERAL PSYCHOLOGIST, PSYCHOLOGICAL SOLUTIONS**

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