

PROMOTING ANTI-FRAGILE THINKING SKILLS

**NO
SCAREDY
CATS**

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

The No Scaredy Cats™ workshop is based on three underlying perspectives: first, by having an understanding of how anxiety develops, teachers, educators, community and family support workers can assist parents to counter its progress in children. Second, teachers, educators, community and family support workers can assist parents take a preventative role in the development of anxiety problems in 2-12 year olds. Third, there are practical steps parents can take to develop resilience thinking skills in 2-12 year olds.

WEBINAR DELIVERY:

22 JUNE 20 | 7 OCTOBER 20

RATE CARD WEBINAR DELIVERY

- \$220 until 30 June 20 | \$299 from 1 July 20
- Please note courses close one week before the course

FACE TO FACE DELIVERY:

MELBOURNE: 14 SEPT 20 | 29 NOV 20

BRISBANE: 10 SEPT 20

LIVERPOOL, SYDNEY: 20 OCT 20

NEWCASTLE: 28 OCT 20

RATE CARD FOR FACE TO FACE

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

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

Active PD points apply.

REGISTRATION

Register online www.parentshop.com.au/noscaredycats

Terms & conditions of enrolment apply

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

Quantity

COURSE LOCATION / DATE

DIETARY REQUIREMENTS

PAYMENT METHOD

Credit Card (Mastercard/ Visa) Invoice

NAME ON CARD	
CARD NO	
EXPIRY	CCV

SUBMIT

SCAN & EMAIL 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/>

Call 1300 738 278 or email us at info@parentshop.com.au

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.



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.

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

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