



No Scaredy Cats

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

ONE-DAY PROFESSIONAL DEVELOPMENT 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, parents can play a preventative role in the aetiology of children worrying too much, third, there are practical steps parents can take to build antifragile thinking.

WHAT'S INCLUDED:

- Lunch and refreshments included.
- A note-taking manual for use at the workshop.
- Meals and refreshments.
- PD points for accreditation with your respective professional associations.
- A certificate of completion for the workshop.

See curriculum details and two step certification process overleaf. **Active PD points apply.**

REGISTRATION

RATE CARD

- Super Early Bird @ \$259 available until 7 May 2019.
- Early Bird @ \$299 available until 3 weeks prior to the course.
- Full price @ \$369.

SYDNEY: 16 AUG 2019 / 14 NOV 2019

BRISBANE: 19 AUG 2019 / 18 NOV 2019

MELBOURNE: 27 AUG 2019 / 6 NOV 2019

ADELAIDE: 27 AUG 2019

NEWCASTLE: 28 OCT 2019

PERTH: 25 NOV 2019

Terms & conditions of enrolment apply

Register online www.parentshop.com.au/noscaredycats

PAYMENT METHOD

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

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

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

Quantity

COURSE LOCATION / DATE
DIETARY REQUIREMENTS

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

JOIN OVER 12,500 PROFESSIONALS TRAINED BY US

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™.

LESSON FRAMEWORK

- An overview of how a well-honed theory of parenting to help parents 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.

CAN'T MAKE OUR SCHEDULED COURSE DATES?

Talk to us about convenient & cost effective in-house training for your staff. Email service@parentshop.com.au

CERTIFICATION - A TWO STEP PROCESS.

To become a certified parent educator, you'll be provided with additional resources and to undergo additional training. This ensures that our product is only being taught at the highest quality. There are several benefits in becoming certified: For starters you'll be able to access your parent workbooks for FREE on our learning management portal. Certification is renewed each year. Certification is \$69 per person for the first year, and \$49 charged annually to remain a certified practitioner.

WHAT COMES WITH CERTIFICATION

- Listing on our website as a certified No Scaredy Cats™ parent educator.
- Access to our learning-resource portal where you will find ongoing support, relevant articles and access to other certified parent educators.
- 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.
- Downloadable handouts to be used as parent workbooks or discounted printed workbooks via our membership portal.
- Resources for marketing.
- Access to a curated library of online professional development films and courses.
- A comprehensive set of session guidelines.

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 parents to help their child or young person take charge of these brain functions and stop unnecessary anxiety. More than that, you can help them become 'antifragile', which is fast becoming the replacement word for resilience.

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. These programs have been taught to over 110,000 professionals, parents and teachers since 2006.

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.

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