



Parentshop
lifelong behaviour change



No Scaredy Cats for School Leaders

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

ONLINE PROFESSIONAL LEARNING WORKSHOP FOR SCHOOL LEADERS

No Scaredy Cats™ is based on three underlying principles: first, by having an understanding of how anxiety develops teachers can counter its progress. Second, teachers 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.

The Productivity Commission's Inquiry into mental health draft report has recommended school and education reforms to improve the well being of children and young people with poor mental health. This workshop can assist you to train your teachers in identifying and reducing anxiety and building resilience thinking skills in children aged 2-12 years.

Active PD points apply.

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

2ND SEPTEMBER 2020 - WEBINAR
8.30AM REGISTRATION FOR 9.00AM
START - 4.00PM (AEST)

REGISTRATIONS CLOSE 26TH AUGUST
2020 so we can post your manual.

ZOOM WEBINAR INSTRUCTIONS WILL BE
SENT AFTER REGISTRATION

EOFY ONLINE PRICE

- \$220 AUD PER PERSON AVAILABLE UNTIL 30TH JUNE 2020.
- \$299 AUD PER PERSON AVAILABLE FROM 1 JULY 2020.

GROUP TRAINING OPTIONS AVAILABLE
CONTACT : service@parentshop.com.au

REGISTRATION



Member
Australian
Psychological
Society MAPS

Terms & conditions of enrolment apply

Register online 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
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
WEBINAR / 2ND SEPTEMBER 2020

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

WHAT'S INCLUDED:

- A note-taking manual for use at the webinar.
- PD points for accreditation with your respective teacher 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 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.

WE SUPPORT TEACHERS TO ASSIST PARENTS.

Assist parents build resilience by referring them to a No Scaredy Cats parent training session.

Here is a link to current certified parent educators:
www.parentshop.com.au/nsc-parent-educators

CAN'T MAKE OUR SCHEDULED COURSE DATES?

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

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.



No Scaredy Cats® program will contribute to 6.5 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.

WHAT PROFESSIONALS ARE SAYING...

■ Informative, inspiring and accessible.

NICHOLAS TOWNSEND, DEPUTY HEAD OF JUNIOR SCHOOL.

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

KIRSTY BRADY, GUIDANCE OFFICER.

■ Every parent and teacher would benefit from this course.

RACHEL ANDREW, ASSISTANT PRINCIPAL.

■ Very practical, user-friendly evidence based information to support parents, so they can better support their children.

TRACEY HAYNES, ASSISTANT PRINCIPAL LEARNING AND SUPPORT.