



Little Lessons Australia

is proud to present...



UNDERSTANDING & OVERCOMING ANXIETY

AN EVENT FOR EDUCATORS
(PRINCIPALS, TEACHERS, SCHOOL
SUPPORT STAFF ETC. WORKING WITH
CHILDREN OF ALL AGES)

WED, 18TH NOVEMBER 2020

7PM – 8PM (ACDT - ADELAIDE)

Online via Zoom

BE QUICK – limited tickets available...

\$44 Early Bird (limited number, incl. booking fee)

\$47 General Admission (incl. booking fee)

BOOKINGS ONLINE AT:

<https://www.trybooking.com/BMBFB>

ABOUT YOUR PRESENTER

Award winning clinical psychologist
Dr Tom Nehmy

This interactive 1-hour webinar (delivered as a zoom meeting) aims to demystify the most common psychological problem: anxiety. Including powerful self-reflection exercises, participants will learn:

- A clear understanding of what anxiety is, where it comes from, and what to do about it
- The distinction between 'normal' and 'clinical' anxious states
- 5 things everybody needs to know about anxiety
- The 'Great Mistake' (the most common obstacle that impedes a robust psychology)
- How 2 core ingredients can overcome anxiety in any individual
- The fundamental link between overcoming anxiety and building confidence
- A comprehensive checklist for what teachers can do
- Tips for creating a classroom culture to reduce the incidence of anxiety in your school

Dr Tom Nehmy's passion is preventing psychological problems in people of all ages while also enhancing resilience and wellbeing. His doctoral research in developing the Healthy Minds Program produced the world's first prevention program to prevent the onset of symptoms of depression and anxiety while also reducing risk for eating disorders.

Tom currently works with companies, schools and professional organisations to help them build psychological skills for mental health, wellbeing and resilience.



www.healthymindsprogram.com

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