

The Anxious Kids Seminar is coming to Christchurch

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book *Anxious Kids*.

This is your chance to hear from the authors of the acclaimed book *Anxious Kids*, in a skills-rich seminar full of actionable steps and take-home ideas.

Anxious Kids Seminar Tour

Date

Monday
9 September 2019

Time

7pm - 9pm

Location

Addington Raceway
75 Jack Hinton Drive Addington

Tickets

 **\$39.95 (AU)**

Who is this seminar for?

This seminar is ideal for parents, carers, teachers and other professionals who work with children.

You can learn:

- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person



About the Presenters

Michael Grose and Dr. Jodi Richardson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*.

Michael Grose is one of Australia's leading parenting and educational writers and speakers. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr Jodi Richardson is an expert on anxiety, through extensive studies and personal experience. She has spent more than 25 years in the field of health, wellbeing, clinical practice, elite sport and education.



To secure your tickets today, visit:

www.parentingideas.com.au/anxious-kids-seminar-tour