

Professional Development Opportunity for Schools

In today's fast-paced world, anxiety levels continue to rise at an alarming rate. While it is a normal human response, anxiety has become debilitating and overwhelming for more than a quarter of New Zealanders.

Its effects are widespread as emotional avoidance prevents us from creating meaningful connections with our families, friends, colleagues and communities, undermining the development of effective emotion regulation skills in the next generation of New Zealanders. The good news is, anxiety is treatable.

With appropriate support, individuals can learn the strategies necessary to manage their anxiety effectively, build resilience and live more consistently with what is personally meaningful. This seminar will help participants to recognise and understand anxiety, as well as offer a brief overview of a range of practical interventions and key messages covered in Chillax[®] – a classroom-based program designed to help us all manage our anxiety more effectively and support our young people to do the same.

This initial presentation is 90 minutes long and costs \$295 + GST regardless of group size. All school staff are welcome to attend.

The Presenter: >>>

Tanzi Bennison is a Tauranga-based Clinical Psychologist, supervisor, trainer and consultant who has extensive experience of working successfully with anxious children, young people and adults. She currently works in private practice and facilitates a number of community-based programs addressing anxiety, attachment and parenting. Most recently she has developed Chillax[®] – an anxiety program for classrooms www.chillax.org.nz