

Course ref PHT5396

CPD points 10

Price £150.00 excl. VAT

Duration 1 day

Dates Mon 2nd September 2019

Location Maesyrrhandir County Primary School, Plantation Lane, Newtown, Powys, SY16 1LH

Discounts N/A

This one day CPD course is designed to deepen your understanding of the underlying causes and signs of stress in children and young people and helps to consider appropriate strategies to reduce stress and anxiety.

This course will equip you to:

- recognise stressors in children's lives and consider the implication of stress on health and emotional well-being.
- consider the latest research on the neuroscience of stress and anxiety and consider how this impacts on a child's stress management system and their ability to regulate themselves
- understand the significance of stress as an inhibitor of learning, enjoyment and engagement with life
- explore appropriate strategies and interventions to reduce stress and anxiety for all children through the developmental stages of being, doing and thinking.

Suitable for: Those working with Primary and Secondary school children

Open to: Licensed Practitioners or above. (Please note that this course was previously known as Stress Management for Learning)

Notes: Delegates may need to provide their own laptop/ Tablet.

Please contact Thrive for more information or to request a course in your area on 01392 797555 option 1