

Parent Seminar Series 2022 – Term 1



Moving kids and teens from anxiety to resilience

As parents we play the most important role in helping our children when they experience mental health challenges, including anxiety. And whether they experience the everyday variety of anxiety that comes with being human, or anxiety that gets in the way of school and life - there are skills and strategies we can teach our children to not only help them cope but thrive. Now, and over their lifetime. Anxiety is common, treatable and there's so much we can do as a parent to help.

In this relatable and engaging presentation parents learn:

- What is anxiety
- What happens in an anxious brain
- The contagious nature of anxiety
- How to cope out load
- The contagious nature of anxiety
- How to cope out loud
- How to identify anxiety and teach your child/teen to recognise it
- How to know when anxiety is getting out of hand
- How behaviour patterns develop and lead to avoidance
- What anxious children and teens need most from their parents
- Practical strategies to dial anxiety symptoms down
- How to move anxious kids and teens forward
- When and where to seek professional help

Dr Jodi Richardson

Tuesday 1st March 2022

7:00pm – 8:30pm

(90 mins including 15-minute Q & A)

About Jodi - Professional Speaker | Author | Educator

An educational leader, Dr Jodi Richardson supports teachers, parents and other professionals to navigate the challenges of anxiety and to develop the skills and confidence to help their students and children.

Her impressive academic and professional achievements in the wellbeing, science and educational landscapes blend seamlessly with her innate caring nature, resulting in an interactive, research-based yet heart-warming and hope-inducing experience for those in attendance. It is common for participants to leave feeling like an "old-friend" of Jodi's, flocking to her for one last chat or an effusive thank you.

A best-selling author, Jodi's debut book 'Anxious Kids' is a trusted and practical resource supporting parents and teachers here in Australia and internationally. She wrote and published her latest book, 'Anxious Mums', during 2020 and in 2021 she launched her popular podcast 'Well, hello anxiety' as her way of sharing accessible trusted anxiety education.

Jodi is also a respected media commentator in the wellbeing and parenting space. Academically accomplished, professionally experienced and intrinsically compassionate, she has commented via The TODAY Show, ABC Breakfast, Studio 10, Sunrise, Women's Weekly, the Herald Sun and more.