

PERTH EVENT

for parents and professionals in the lives of all high schoolers

UNDERSTANDING AND REDUCING TEEN STRESS, WORRY & ANXIETY

NOW SCHOOL'S BACK



Claire Eaton will share HOW-TO information and practical strategies with parents helping teens experience less stress and anxiety, and enjoy more calm, confidence and success at school.

Thursday 23rd February 6.30-8pm

Claire draws on 30+ years' experience as a former educator and deputy principal and since 2007, in her role as a speaker, author, and private practice youth coach in Perth, WA.

Memorial Hall, Scotch College
76 Shenton Road, Swanbourne

Tickets \$40 per person
www.trybooking.com/CFNUL

Parents and care-givers will learn more about:

- ✓ How stress, worry and anxiety play out before, during & after school
- ✓ Mindset switching strategies to reduce stress from blocking success and self-esteem
- ✓ Thinking techniques to lessen the impact of stress, worry and anxiety on learning & creativity
- ✓ Emotional regulation tools to move through and beyond big emotions
- ✓ Stress responses and their influence on relationships with teachers, friends and family
- ✓ Mood boosting tips to recover from meltdowns, panic and stressful times

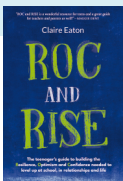
PARENT REVIEWS

"Thank you! It was such a brilliant session" Liana, parent

"Such an informative session. My pen couldn't keep up taking notes" Elise, parent

"This information is so helpful and practical. This is exactly what we needed" Jen & Dave, parents

"Full of gold nugget information that makes so much sense" Mark, parent



Claire Eaton

Author, Speaker, Youth Coach

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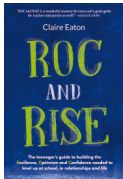
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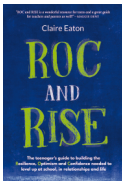
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