

Overcoming Anxiety

Helping Children and Young People Find their Brave
with Karen Young (Australia)



Too many young people are being stifled by anxiety, and this number is on the rise. Fortunately, we are more equipped now than ever before to support them to live bravely and discover their full reach into the world, but the expanding impact of anxiety demands a new approach. This dynamic workshop will offer a fresh, innovative approach that pulls in many pieces missing from the way we've been responding to anxiety in children and adolescents.

Far from being 'another anxiety workshop', this comprehensive approach will draw on neuroscience, evidence-based strategies, and highly respected therapeutic models to support practitioners in developing a fresh, impactful approach to working with anxiety in young people. We will explore anxiety from the ground up, developing a 'roadmap' for a therapeutic response to anxiety that will include key information, powerful strategies, and new responses to anxiety to effect immediate and long-term change.

Key content to be covered:

- The neuroscience of anxiety and how to use this therapeutically as a scaffold to support young people towards enduring courage and resilience;
- How to change the relationship with anxiety, and why this is critical for children and their important adults;
- How to recognise when anxiety is fuelling behaviour, and how to respond;
- The popular behaviour management techniques that can make anxiety worse, and what to do instead;
- Co-existing concerns and look-alike conditions;
- The different ways anxiety can manifest in young children and adolescents, and how to respond;
- How anxiety can interfere with learning and performance, and how to shift anxiety out of the way;
- Making sense of separation anxiety, school anxiety, and school 'refusal' and how to respond effectively;
- How to engage parents to be changemakers;
- How loving parents might inadvertently feed anxiety and what to do instead - an actionable step-by-step response;
- What to do when parents feel 'stuck' - moving past the impasse;
- How to respond to anxiety in the moment to make way for calm and courage;
- Building the toolbox - practical strategies to diminish anxiety and build brave behaviour;
- The four key responses to anxiety, and how to use this to inform a more effective response;
- Bringing it all together - a therapeutic roadmap for working with anxiety.

This workshop is for anyone who works with children or their important adults, including allied health professionals; and educators and other school professionals. Participants will leave understanding the neuroscience of behaviour, feelings, learning and regulation - what's happening in the brain and body when children are dysregulated, how to respond, how our responses can build (or block) their capacity for self-regulation and emotional resilience, and how to nurture the development of self-regulation in all young people.

Compass Seminars NZ has partnered with Karen since 2018; she is one of our most acclaimed and requested presenters. Karen began her career as a psychologist working with children, teens and families. She is now recognised as a leading authority on paediatric anxiety and the neurodevelopment of children. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an online resource that provides contemporary, research-driven information on anxiety. She is the author of six books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety, feelings, and behaviour. Karen's books have been translated into a number of languages and have collectively sold over 400,000 copies worldwide.



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Details:

📍 CHRISTCHURCH: 5 August 2027 - Peppers Clearwater, Clearwater Avenue, Northwood

WELLINGTON: 6 August 2027 - Movenpick Hotel, 345 The Terrace, Te Aro

🕒 9:00am - 3:30pm

💰 \$325 (inc GST) Includes full catering, printed notes, attendance certificate & live bookstore

📞 Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

3 Ways to Register:

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