



Dear Parents and Carers,

Message from Action Your Potential

**Term 2 #NeuroNinja Parent & Carer Webinars: Join Our Anxiety Masterclass**

As part of our series of parent and carer webinars, using neuroscience and psychology to offer all of us deeper insights into our daily lived experience in our amazing brains we're bringing an Anxiety Masterclass in Term 2.



The programme uses materials that are already changing students and parents and carers lives. Our aim is the help you and your children see anxiety for what it is and then to offer you daily behaviour solutions to begin to manage and eventually challenge the anxiety. The message from neuroscience is clear, we can change our brains through changing our daily behaviours and building growth-affirming beliefs to support this process.

Details of the course are below:

<b>Dates and Times</b>	<b>Session Goals</b>
Wed 1 December 8 – 8:45pm	We'll explore: <i>how the brain can move down many different paths to end up with an amplified and mis-calibrated anxiety response; What we can do to build our response to anxiety and eventually challenge it.</i>
Thu 2 December 8 – 8:45pm	We'll explore: How our brain makes predictions to manage its way through the world and how debilitating or amplified anxiety are mis-calibrated predictions which we can re-calibrate over time.
Wed 8 December 8 – 8:45pm	Building A Future Hero: Strategies to Build Back Better From Anxiety and Grow A New Response (1)
Wed 9 December 8 – 8:45pm	Building A Future Hero: Strategies to Build Back Better From Anxiety and Grow A New Response (2)

Parents and carers can [sign up at this Zoom link](#). AYP takes your privacy very seriously ([our GDPR policy is here](#)), we will only use these data to contact you about these sessions.

For parents and carers interested, Action Your Potential are offering 1:1 appointments in the aftermath of the course to help you apply the learning to your child's daily experience. Just email Andrew at [andrewwright@aypuk.com](mailto:andrewwright@aypuk.com) to arrange a follow-up session when the course is completed.

Any questions just get in touch. Looking forward to supporting you and your child to learn about, understand and then develop new daily behaviours to change the relationship between anxiety and our responses.

Yours sincerely

*C Gibbs*

Miss C Gibbs  
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