

**Introduction:**

The aim of this course is to educate and support young people around managing exam stress. It gives staff an overview around how they can support young people when it comes to them feeling anxious. Young people will gain reassurance around how they feel in regards to exams, while recognising anxiety is a normal emotion. Young people will gain understanding and knowledge around the mindfulness principle. They will gain strategies and techniques around how they can manage their emotions when it comes to exam stress, considering mindfulness as a positive intervention.

Parents and young people will have the opportunity to discuss any concerns or worries and ask questions relating to the session.

**Attendees:**

School staff, parents and young people Yr 6+

**Course Content:**

By the end of the training participants will have an understanding of:

- What exam stress is, and how this impacts of young people
- What anxiety is
- How to help our young people suffering from anxiety?
- What mindfulness is
- Different techniques which may help reduce stress and anxiety

<b>Cost</b>	<b>Core</b>	<b>Enhanced</b>	<b>Non-SLA</b>
<b>In School</b>	<b>£125</b>	<b>1 Credit</b>	<b>£150</b>