

The Exchange

Supporting psychological wellbeing and emotional resilience in children, young people and families.



PARENT WORKSHOPS

Supporting Children & Young People



 THEEXCHANGEWELLBEING

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 EXCHANGEWB

03302 020 283
exchange-counselling.com

Each workshop lasts 1 hour and includes:

- **Presentation**
- **Takeaway Guide**
- **Printable Resources**

To book a workshop, you can email or call us.

SUPPORTING YOUNG PEOPLE WITH ANXIETY

Learn how to support young people who suffer with anxiety and the impact this can have on daily life.

- Understand your own experience of anxiety.
- Discuss what the signs of anxiety may be and how they can affect each of us differently.
- Learn strategies to help cope with anxiety and how different activities can have a positive effect on our overall wellbeing.



PROMOTING CONFIDENCE & SELF-ESTEEM

Discover the difference between confidence and self-esteem and how to promote them in young people.

- Understand the psychology of self-esteem
- Learn about 24 qualities important for self-esteem
- Learn skills to build self-esteem in yourself and your child



SUPPORTING YOUNG PEOPLE WITH STRESS

Learn how to support young people struggling with stress.

- Signs of stress
- 'The individual stress experience'
- Stress management for yourself and your child
- Access to digital resources for your child

