

# Supporting anxiety and developing resilience post lockdown



## OVERVIEW

An opportunity for staff in educational settings to explore anxieties in young people heightened by Covid

This training is designed to give staff an insight and the opportunity to discuss strategies which can support students with anxiety.

The aim of the session is to help develop a better understanding of anxiety associated with the current climate and the ways in which we can support children and young people to manage and develop resilience within their educational setting.

This training will be led by Rachel Lambie (Arts Therapist and Counsellor) & Viv Ofstedahl (Teacher) from NESSie

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## DATE & VENUE

**Date:** Tuesday 3<sup>rd</sup> November

**Time:** 4:00-5:30pm

**Venue:** Online [A link will be sent out via email on the morning of the training]

**Cost :** £45

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**To book a place please click [HERE](#)**

Or visit: [nessieined.com/events](https://nessieined.com/events)