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FOR IMMEDIATE RELEASE

ANXIOUS KIDS SEMINAR TO TOUR ACROSS NEW ZEALAND

A seminar designed to enable parents and teachers to better recognise, manage and minimise the anxiety of children is set to take place across New Zealand.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their highly acclaimed book [Anxious Kids](#).

"Disturbingly, it takes 8.2 years on average between the onset of symptoms and diagnosis of an anxiety disorder," explains Grose. "For a child experiencing anxiety, that can mean many years of learning difficulties, unhappiness and lost opportunities. We believe this is an unacceptable statistic."

Parents, teachers and other professionals who work with children play a critical role in helping kids to recognise and manage their anxious feelings. The seminar has been designed especially for them.

Attendees will learn:

- How to know if a child or teenager is experiencing anxiety
- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for a child or young person

Michael Grose is one of Australia's leading parenting and educational writers and speakers, and the founder of Parenting Ideas, one of Australia's most trusted sources of parenting education and support. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr. Jodi Richardson is an expert on anxiety, through extensive studies and personal experience. She has spent more than 25 years in the field of health, wellbeing, clinical practice, elite sport and education.

The Anxious Kids seminars will take place in New Zealand as follows:

Christchurch: 9 September 2019 (7pm-9pm) Addington Raceway, Addington

Wellington: 10 September 2019 (7pm-9pm) Scots College, Strathmore Park

Auckland: 11 September 2019 (7pm-9pm) Kristin School, Albany

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Anxious Kids
Seminar Tour

Interview requests

For interviews on childhood anxiety, please feel free to contact
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