



## Course Overview

This training course covered anxiety in children and young people.

The course aims were to provide key information about what anxiety is, how to identify anxiety, and strategies for reducing anxiety.

The 2.5 hour course was designed and delivered to 32 primary school teachers by a P4L Educational Psychologist.

## Delegate Comments

- *A great workshop, inspirational delivery*
- *A super course, very informative for staff and children in our care*
- *A really useful and interesting course*

**Qu. Which parts of the course were most useful?**

- *Strategies to reduce anxiety*
- *Good practical ideas*
- *Trainers engaging manner*

## Contacting P4L

To find out more about training courses delivered by educational psychologists from P4L, please email:

[Claire@psychology4learning.com](mailto:Claire@psychology4learning.com)

or visit:

[www.p4ltraining.com](http://www.p4ltraining.com)

# Managing Anxiety Training

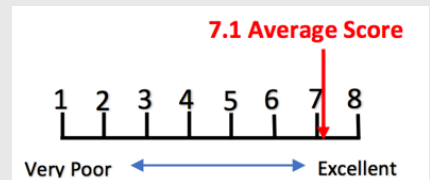
## Evaluation Summary

### Course Evaluations

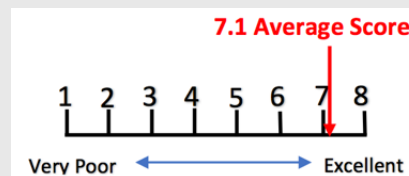
Each delegate was asked to rate a series of questions regarding the course, where 1 was "Very Poor" and 8 was "Excellent"

**100% of delegates would recommend this course**

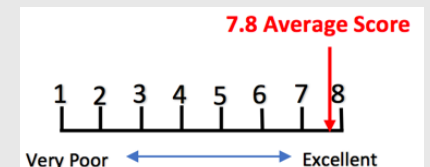
Achievement of stated objectives



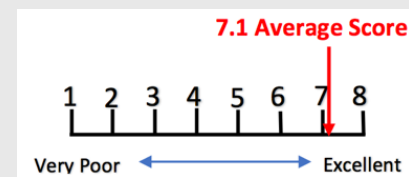
Value of training in relation to job



Knowledge of subject matter



Improvement in skills / knowledge



Responsiveness to participants

