



## ABOUT SHARON

Sharon Fennelly is a Life Coach, Licensed Master Practitioner of Neuro Linguistic Programming (NLP), with qualifications in Child Psychology, Applied Positive Psychology & Coaching Psychology.

She works with young people on a one-to-one basis, in group workshops & in schools.

She is passionate about helping young people to manage their mindset, enhance their lives, achieve their goals & ultimately improve their overall well-being.

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# ANXIETY IN CHILDREN

## *Parents' Information Morning*

Sharon Fennelly, will be giving a talk for parents, to help you to:

- understand why we worry; and to
- help you help your child to manage their day-to-day worries and anxieties.

Even if your child is not worrying right now, they inevitably will face challenges from time-to-time.

This talk will provide you with lots of practical tools and techniques to help your child manage their day-to-day worries and challenges.

There will also be time for Q&A at the end.

## JOIN US

### WHEN & WHERE:

Wednesday 16th November

9.30am - 10.30am

Scoil Eoin Baiste National School