

# Calm and Confident: Overcoming Anxiety



Adult

Join Our Transformative Workshop: "Calm and Confident: Overcoming Anxiety"

Are you ready to take control of your anxiety and embrace a more confident, creative you? Our workshop is designed to help you understand anxiety, its effects on the brain, and how to use techniques to manage it effectively.

## Workshop Highlights:

- **Understand Your Brain:** Learn how anxiety affects your brain and body and discover the role of the amygdala and prefrontal cortex.
- **Practical Tools:** Gain practical coping strategies and neuroscience techniques to reduce anxious feelings in real time.
- **Goal Setting:** Set personal goals for managing anxiety and create actionable plans to achieve them.

## Workshop Overview

- Understanding Anxiety through the lens of Neuroplasticity
- Forming habits and breaking old patterns.
- How to manage anxiety – techniques to take away
- Develop a plan to build resilience and emotional regulation.
- Build your personal goals through the ten-sentence method.

## What You'll Learn:

- **Brain-Body Connection:** Understand how your brain reacts under stress.
- **Emotional Resilience:** Develop skills to stay calm and composed in challenging situations.
- **Confidence Building:** Unlock your potential and embrace a more confident, anxiety-free version of yourself.

## Takeaway Content:

- Your personalised ten-sentence method summary
- Building Resilience Practices into Your Daily Life
- Managing Anxiety Techniques
- Personal Goal setting for building resilience



**Find out more and  
apply online**



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Don't miss this opportunity to transform your anxiety into confidence and creativity!

Register Now and Start Your Journey to Calm and Confidence!

\*This workshop is suitable for individuals who want to understand their anxiety and counsellors who want to learn techniques to share with their clients.



Scan the QR Code for full course description, assessment and progression options from this course

## ENTRY REQUIREMENTS



## LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 16 January 2026

Cornwall College Camborne - 6 March 2026



**LEVEL**  
No Qualification

**DURATION**  
6 hours

**ATTENDANCE**  
Part-time

**FEES**  
Tuition Fees: £22.50

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

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## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



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