

Contents

About the Author	1
Dedication	3
An Introduction	4
What is NLP?	7
Stop Anxiety	11
Why Do Children get Anxious?	12
How Do We Start to Make a Change	17
The Cause and Effect Equation	23
A Technique for Overcoming Anxiety	32
Stopping Anxiety - Your Questions Answered	42
How to Communicate With Children & Young People in a Way that Causes Them to Really Want to Listen	49
Becoming a Great Communicator to Young People	50
The Power of Words	55
Tone of Voice	65
Physiology	69
NLP Communication Model	74
Communicating with Children - Your Questions Answered	83
Grow Confidence	85
Identifying a Confidence Deficiency	90
Who Are You? Picture	91
What is Confidence Not?	97
Self Esteem	98

Self Belief	100
Self Worth	101
Happiness & Motivation	102
Growing Confidence	105
Sorting Themselves Out	107
That Little Voice	108
Visually Rehearse	111
Asking Good Quality Questions	113
Get Organised	115
What We Can Do To Help	116
Expect the Best	119
Grow Confidence - Your Questions Answered	120
Improving Mental Well-Being in Children & Young People	126
Taking Action (Or Not)	127
Resilience	138
Assessing Resilience to Challenges	141
Developing Mental Resilience	143
Creating Silver Linings	149
The Unnoticed	150
Once Upon a Time	151
How to Help the Unnoticed	164
Trusting The Funny Feeling	168
And What Else?	174
References	178