



SUPPORTING CALM ACHIEVERS: Helping Your Child Handle High-Pressure Moments

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS TALK:

High-pressure moments - such as exams, competitions, or performances - can test even the most capable children. The way in which parents respond during these significant times can both impact and shape their child's mindset, confidence, and ability to cope with stress. This session explores how parents can help their children manage pressure in constructive ways, with a focus on turning stressful moments into opportunities for growth and learning.

JOIN US TO EXPLORE:

- Why some children thrive under pressure while others feel overwhelmed.
- How to help children view challenges as opportunities, rather than threats.
- Practical tools to help children build self-awareness, confidence, and resilience.
- The High-Pressure Moments Plan: a framework to support/help your child leading up to/ as they prepare for high-pressure situations.
- Ways to model calmness, perspective, and emotional regulation as a parent.

