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| |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **How to manage you and your child’s anxiety during school closures with Professor Amanda Kirby - Wednesday 1 April at 7.30pm** | | |      |  |  | | --- | --- | | |  | | --- | |  | |      |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | In these times, many parents and children are not surprisingly feeling anxious. Fortunately, there are many things we can do to help.  Following from hugely popular session with Karen Mace, join our live [FREE webinar for parents](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbdadyslexia.us14.list-manage.com%2Ftrack%2Fclick%3Fu%3Df5ce8f5ba2d10e73057c48334%26id%3D6ebaa8061c%26e%3D68216e0918&data=02%7C01%7CThomasJ1169%40hwbmail.net%7Cb606ea963bd4494e4f2208d7d494f13a%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637211608498703648&sdata=1BoyABPjTBZOtUW3CImOBXFakf04O0tpegzkjfSDdNU%3D&reserved=0) hosted by Professor Amanda Kirby on Wednesday 1 April at 7.30-8.30pm.  This session will:   * Help you better understand what anxiety is * Provide practical tools to help you and your children manage and minimise anxiety in these uncertain times and improve happiness and wellbeing   Amanda will focus on remembering to be realistic, not superhuman!  Register for free [here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbdadyslexia.us14.list-manage.com%2Ftrack%2Fclick%3Fu%3Df5ce8f5ba2d10e73057c48334%26id%3D6faa9cc4c5%26e%3D68216e0918&data=02%7C01%7CThomasJ1169%40hwbmail.net%7Cb606ea963bd4494e4f2208d7d494f13a%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637211608498703648&sdata=tCJhhmWU9gS1VRUXXur4h7QnwBDOvNZAdoAUQddv0FE%3D&reserved=0). | | |     **About Professor Amanda Kirby**  Professor Amanda Kirby started her career as a GP and changed career when her second child was diagnosed with dyspraxia at three years of age. Her experience and frustrations (at times) as a parent finding her way round the health and educational system led to her consequently starting up an interdisciplinary specialist centre for parents and children (later on adults) more than 25 years ago in order to be able to provide practical support.  Her family is very neurodiverse and this has provided her with a unique understanding, insight and a passion to raise awareness and champion best practices. She was till recently, a professor at the University of South Wales, and has lectured to more than 100,000 individuals worldwide, written over 100 research papers and become internationally recognized in the field of neurodiversity as both a clinician and researcher.  Her research has leads to ways to provide practical solutions that make real changes for families and clinicians. Her PhD (after she became a professor) was relating to the changes that go on in adolescence in emerging adulthood and she developed screening tools which are now used internationally.  Over the years she has written nine books for children, parents, the health and educational professionals and for those in the workplace and have been translated into different languages.  Amanda has been on government advisory board as well as advising UK and international charities in the field of neurodiversity. This includes being a patron of the Dyspraxia Association in New Zealand, Chair of Movement Matters UK and works with great UK charities including the Dyspraxia Foundation, British Dyslexia Association, North East Autism Society and the ADHD Foundation.  Ten years ago, she realised to reach and support more people effectively she needed to develop web based solutions with her colleague Dr Ian Smythe. Too many children and adult’s needs were missed, or being misunderstood and this was potentially costing them and society.  Amanda is CEO of Do-IT Solutions, a tech-for-good company. They have developed unique person-centred computer profiling tools and apps to support neurodiverse children and adults in a range of contexts including education, prisons and employment settings used nationally and internationally.  Her passion to make changes in society and increase the chances of showcasing talents in neurodiverse children and adults remains as strong as it was 30 years ago.   |  |  | | --- | --- | | |  | | --- | |  | |      |  | | --- | |  | | | |