

## Driving Test Nerves Specialist Workshop Taunton 30.6.22

### VENUE:

The Wyvern Club  
Mountfields Road  
Taunton  
TA1 3BJ

### ATTENTION!

Members of MSA GB, Taunton ADI Forum or TADI please book via  
<https://msagb.com/shop>

*All instructors who attend a workshop will be invited to join our FREE Zoom meetings. During these sessions, we offer help and advice from dealing with stress and anxiety (for you as well as your pupils!) through to helping with specific pupil issues, Life Skills, and answer any questions you may have, or, you can just pop along for a chat!*

THE PRE-COURSE EMAIL IS SENT OUT 10-14 DAYS BEFORE THE WORKSHOP

PLEASE MAKE SURE YOU READ IT, AS IT CONTAINS IMPORTANT INFORMATION!



## Driving Test Nerves Specialist Workshop Agenda

- 09.15**      **Registration & refreshments**
- 09.45**      **Housekeeping, Introduction & Workshop Objectives**
- 10.00**      **What do you want to get out of today?**  
*Yours & your pupils' issues to be resolved*
- Are you the B.E.S.T. that you can be?**  
*Understanding the 'Panic Cycle'*

**How our brains work**

*Do you act on emotion rather than logic?  
Anticipatory Anxiety/Phobic Self-Talk*

**What's the problem with language?**

**The ABC Technique**

*Don't become a hostage to your emotions.*

**12.30**      **Well-earned lunch!**

**13.15**      **Using the ABC Technique**

**Thought Field Therapy**

*Eliminating nerves, anxiety & frustration  
Combatting Part 2/3/SC and Driving Test Nerves  
Oh, and stopping your pupils muddling up left and right!*

**Understanding 'Snowflake Syndrome'**

*Why is this derogatory term so often used to describe learners?  
Is there an increase in apathy? Or, is it much deeper than this?*

**15.30**      **Brain pick me up, AKA Coffee!**

**15.45**      **The 'C' of the ABC Technique**

*Specific Breathwork Exercises to control nerves and anxiety*

**16.15**      **Real Pupils: Real Issues: Putting it all together**

*Resources to help you achieve this  
Driving Test Nerves Specialist Registration*

**Q & A Session**

**17.00**      **Doors will be unlocked allowing you to leave!**

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