

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** **Real Pupils: Real Issues: Putting it all together**
Resources to help you achieve this
Driving Test Nerves Specialist Registration
- The 'C' of the ABC Technique**
Specific Breathwork Exercises to control nerves and anxiety
- Q & A Session**
- 17.00** **Doors will be unlocked allowing you to leave!**

