



BEYOND BEHAVIOUR

Kind Minds for Parents and Caregivers of
Sensitive, Anxious and Neurodivergent Children

Workshop Description

Supporting some children can feel confusing, exhausting, or simply harder than expected. You may be seeing big reactions, shutdown, anxiety, resistance, or overwhelm at home, at school, or both. You might be early in the journey and looking for guidance, or you may have tried many approaches and still feel unsure what helps. This 1-hour workshop offers a compassionate, nervous-system-informed understanding of what may be happening beneath the behaviour and what actually helps when a child is overwhelmed. Learn practical ways to support sensitive, anxious and neurodivergent (ASD, ADHD, PDA) children at home and in learning environments.

Your Workshop Host

Leah Hawley is a neurodiversity-affirming coach, founder of Art of Coaching Neurodiversity, and parent of two neurodivergent teens. She is part of the Kelty Kind Mind team. Leah supports parents and neurodivergent adults navigating anxiety, burnout, school challenges, and complex needs with practical, nervous-system-informed strategies for real-life situations, especially when traditional approaches have not worked.



Scan to register!



kind mind
www.thekeltyfoundation.org