



www.thestillmethod.com

What is The Still Method?

The last ten years has seen a huge increase in the number of children and young people experiencing high levels of anxiety. At the same time, the advice given to schools and parents is conflicting and confusing.

The STILL Method is a six-week program which was created in the U.K to provide a step by step approach to reducing anxiety and raising self-esteem. By studying the most up-to-date social science research it was possible to create a system that addresses anxiety at its root cause, whilst managing the feelings it creates.

The STILL Method has five elements STOP-TALK-IMAGINE-LISTEN-LEARN

Each session of the program introduces one element, with the first session focusing on how to stop feelings of anxiety, and by session five students will have created their own unique STILL plan.

The STILL plan provides students with the tools to deal with difficult feelings, fear and phobic thoughts.

Each element of the STILL Method incorporates tools from a range of disciplines including Neuro Linguistic Programming, Cognitive Behavioural Therapy, positive psychology, coaching and personal development.

Who is STILL Method for?

The STILL Method can be delivered to children from seven to adult, with each session easily adaptable to suit age and ability.

The program is ideal for children experiencing mild to moderate anxiety and or low self esteem, in groups or individually, stage fright, or low confidence.

STILL Method sessions are created to be delivered in a fun and informative way.

Ideas and concepts are presented as games, role plays and group discussions, which allow everyone to gain from the session regardless of ability.



Groups starting in Basingstoke & Andover

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