

Behaviour, Big Feelings, and Self-Regulation

Big feelings can drive big behaviour. Understanding how to respond when young people are overwhelmed can drive calm and connection over conflict. Ultimately, our responses have enormous potential to build important neural pathways that will strengthen them for life. This presentation will explore the powerful ways parents can, quite literally, influence the strengthening of the brain in ways that will build self-control, emotional regulation, and resilience in their children for life.

About Karen Young



Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas and is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children.



Thurs 23 April 2026 | 6 - 7:30pm



Girrawheen High School
39 Calvert Way, Girrawheen



Bookings Essential.

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