

## Rethinking Anxiety – transform fear into fuel for Success



SYLVIA KELLY COACHING  
mind • body • soul

Join us for this workshop on Rethinking Anxiety, challenge your thinking, and learn to reduce anxiety in your life.

### What you will learn in this workshop:

- A better understanding of anxiety, it's causes & symptoms
- To rethink anxiety and shift your mindset
- Practical strategies to help you overcome anxiety.

This will be an interactive workshop so be prepared to complete learning activities to help you shift from a fixed mindset to a growth mindset and transform your limiting beliefs. This workshop will be facilitated by Kilcullen locals, Sylvia Kelly, an experienced Career/Life Coach and Teacher/Ceramic Artist, Lesley Kelly.

Sylvia is an experienced Career Coach who has 15 years plus experience working in Ireland, UK and Australia. She has worked with a diverse range of clients across the public and private sectors and integrates coaching psychology with a solution-focused approach. She is currently studying Rapid Transformational Therapy which combines, psychotherapy, cognitive behavioural therapy, NLP and hypnotherapy to help individuals transform their limiting beliefs and create sustainable change in their lives. View her full professional profile on LinkedIn - <https://www.linkedin.com/in/sylviakellycoaching/>

Lesley Kelly is an experienced post primary art teacher, visiting lecturer at the National College of Art & Design and professional artist. Throughout her teaching career she helped students overcome many challenges through the artist process. She has a demonstrated history of working within the arts and crafts industry and was selected by the Design and Craft Council of Ireland to participate on the CRAFTed Education Panel where she developed a collaborative design skills programme with students and visiting artist through the delivery of the Visual Arts Curriculum. View her full professional profile on LinkedIn - <https://www.linkedin.com/in/lesleykelly/>

This workshop will take place at the Kilcullen Town Hall at 10.30am sharp, please BYO coffee/tea. **Seats are limited so we advise booking quickly!**

To register to attend this event please email; [SylviaKellyCoaching22@gmail.com](mailto:SylviaKellyCoaching22@gmail.com)