

FREE Live Webinar

12:30 UK | 20th November, 2025 | London

Together, we will build a better future



Join me, Nadim Saad, with my fantastic guests Natalie Costa, Louise Moore and Louise Treherne, to explore exam stress & anxiety. An informative webinar, designed for parents, caregivers & educators who want practical strategies for creating a supportive environment at exam time.

EXAM PRESSURE: Tools & Tips for Success

- ✓ The psychology behind exam stress & anxiety
- ✓ Tools & techniques to help manage exam stress
- ✓ Ways to build emotional resilience & a growth mindset
- ✓ How parents & educators can create supportive environments



Natalie Costa- Coach, Author & Speaker

Natalie is an award-winning coach, speaker, author, and founder of Power Thoughts, dedicated to helping children and parents build emotional resilience, confidence, and emotional security. Drawing on her background in psychology, and education, she supports families to shift unhelpful patterns and strengthen connection at home and at work. At the heart of her work is a mission to raise a generation of connected humans and to support the parents behind them.



Louise Moore- Clinical Hypnotherapist

Louise is the founder of LifeMatters Clinic and LifeMatters Training College. With 30 years of experience in private practice, Louise is a highly sought-after therapist who works with children, adults, and families. Her ground breaking programmes bring together a wealth of knowledge and expertise from Adlerian Psychotherapy, Clinical Hypnotherapy, Havening Technique, NLP, and Breath work. Louise's unique integrative approach works with the brain's neurology, the subconscious mind, and the physical body to help clients overcome challenges and achieve lasting positive change.



Louise Treherne - Ex-Deputy Head & Coach

Louise has 12 years teaching experience in the independent sector, including 5 years as a Senior Deputy Head. She now works as a coach, supporting children, teens and adults with confidence, anxiety and limiting beliefs. Louise also works on the team at The Happy Confident Company, bringing her experience as a families coach to The Happy Confident Club.

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