

---

## Certificate of Completion

Social Thinking Webinar

### Social Anxiety: Breaking It Down to Build Up Social Competencies

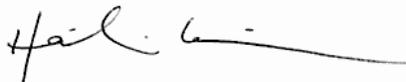
Anxiety and stress are normal life experiences that we should all learn to manage as part of our life skills. One specific type of anxiety is social anxiety. If a child has self-awareness, then they've experienced social anxiety. When children learn to manage their social anxiety, it can help them collaborate with others and build relationships, core essentials for college and career readiness.

In this webinar, Michelle Garcia Winner, the founder and CEO of Social Thinking, discussed how to break down social anxiety and teach strategies to build up social competencies. Viewers gained a basic understanding of social anxiety and how to teach their students or children to better regulate their thoughts and emotions in the classroom, playground, community, and at home. Viewers explored what helps and what DOESN'T help when supporting someone who is socially anxious, and tools to manage in the social world.

- 90 minutes, or 1.5 contact hours, of instruction
- Original webinar took place November 19, 2019; the recording is available to be watched any time at [www.socialthinking.com/webinars](http://www.socialthinking.com/webinars)

---

Participant

A handwritten signature in black ink, appearing to read "Heidi Winner".

---

Heidi Winner, Webinar Coordinator