

Cat Levine

HELPING CHILDREN
UNDERSTAND FEELINGS FOR GOOD



/THINKANDBEME



With 20+ years experience as a speaker Cat Levine has seen her fair share of children and adults who have yet to understand how to deal with their feelings and emotions.

With the understanding that a persons mental wellness journey needs to begin early, Cat has developed a range of programmes to help children form solid foundations and learn lifelong skills in emotional regulation.

Think and Be Me (supported by the Feelings for Life Charitable trust) is a hub of mental wellbeing resources to help tamariki build emotional wellbeing skills, for life.

Cat is now a regular guest at primary & intermediate schools with her emotional well-being presentations, engaging resources and teacher training/professional development.

Cat has also worked with National Institute of Health and Innovation promoting Sparx as well as Life Education, Anxiety NZ and Autism NZ facilitating teacher training, as well as a Rotary funded global grant to deliver teacher training and resources to 60 schools in Te Tai Tokerau in 2023 , 2024 & 2025.

Cat Levine is an engaging speaker & guest who quickly builds rapport with viewers, listeners & audiences, no matter the age or platform.

SPECIALITIES

- Emotional Regulation
- Overcoming Anxiety
- Building Resilience
- Bespoke Content Development
- Teacher Professional Development
- Expert Opinion & Media Appearances



CHECK US OUT NOW



www.thinkandbe.me



[@thinkandbeme](https://www.facebook.com/thinkandbeme)



www.youtube.com/@thinkandbeme



64 27 449 9035



cat@thinkandbe.me



www.thinkandbe.me