



Dear Educational Leader,

My name is Keith Mitchell, and I am delighted to be writing to you to introduce 'time2see' mentoring and consultation services, based right here in the UK.

Too many young people these days are facing a variety of mental health issues and struggle to cope in this increasingly demanding world on a daily basis. It is the responsibility of those who come into contact most frequently with these potentially vulnerable 14–22-year-olds, to positively impact their lives, and support them through hard times.

But what if we could prevent them falling into difficult times or stray from the wrong path in the first place?

time2see mentoring services are not educators of a curriculum – that's the role of you and your distinguished colleagues, nor are we counsellors, that's the reactive role of those with specialist skills and qualifications. We focus on helping young people identify what a positive life means to them as individuals, and to see the benefit this can have on both themselves and those around them.

We initially offer a 1-hour group session, for up to 200 attendees, in a classroom, assembly hall or lecture theatre at your establishment. In the session, we present, discuss and openly talk about the importance of self-happiness and what young people really need to understand to be able to steer a clear and simple path to happiness. This in turn will hopefully avoid the need for them to require future additional support; prevention is better than cure.

In short, we help them understand and see the importance of time and to create their own 'umbrella of happiness'

To arrange an informal chat, please send an email to keith@time2see.co.uk or call me on 07925337130. You can also refer to the website link below for more information or to book the 1-hour session for your school, college or university.

Yours faithfully,

Keith Mitchell
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