



INCLUSIVE FUTURE

EDUCATION & SAFEGUARDING SOLUTIONS

inspiring conversations

1-hour presentations for young people and adolescents

“who am i anyway?”

An engaging talk that dives into the complex journey of identity. This session invites young people to explore the questions of self-discovery and authenticity, addressing the difference between *belonging* and *fitting in* with peers. Together, we'll open up a safe space for reflection, inspiring confidence and connection in an ever-changing social landscape.

“social media and me”

We explore the science behind why social media can feel so addictive, especially for young people seeking connection and validation online. Unpacking the psychological effects of "likes," comments, and online interactions, we discuss the real impact on mental health and self-esteem. This talk encourages reflection on healthy online habits, empowering youth to take control of their digital lives.

“the weight of expectations”

We address the pressures young people face from all sides—parents, teachers, and peers—balancing academic demands with social expectations. This talk opens a dialogue on the impact of these pressures on self-identity and well-being, helping young people navigate their unique paths with resilience and self-acceptance. It's a supportive space to reflect on goals, growth, and finding their place in the world.

“facing the future: embracing change & building resilience”

We explore the natural changes and challenges of growing up, focusing on building adaptability and resilience through character strengths and personal values. This talk equips young people with tools to navigate shifts in friendships, interests, and self-identity, helping them embrace their evolving tastes while staying true to what matters most to them. With practical strategies centred on values and inner strengths, participants will gain insights into managing self-doubt and supporting their personal well-being as they face life's transitions.

need something else?

If there is a specific topic you would like covered, reach out for a free consultation. We can tailor our talks to meet the unique needs of your school or youth organisation, creating sessions that resonate with and support your community.