



Penny Jarrett is a Mental Health Blogger, Wellness Coach, Speaker, Youth mentor and Care Leaver who is on a mission to help others understand and love their brains and themselves. Her goal is to enable others to break free from mental battles and blocks and step into the fulfilling lives available to them, despite what their past pains, experiences or current challenges may be.

Penny was diagnosed with ADHD and CPTSD 2 years ago. Knowing nothing about mental health at the time, she has since done everything she can to both research and educate herself as well as raise awareness, kill the stigma and offer support to others who may be struggling for reasons that they don't quite understand.

She has been invited to share her story and experiences across many different platforms, campaigns and panels including the #GetTheInsideOut mental health campaign run by Lloyd's Bank, How to control social media use by Giff Gaff and radio stations like Premier Christian radio, Reprezent, West Side Radio, Foundation FM and The BBC who have also made a short documentary about her as part of their Life Lessons series of brief lectures called 'The Joy of having ADHD'.

She was also part of Maya Jama's school tour with Childline and The NSPCC for mental health awareness month and has carried out her uplifting workshops at a number of schools, businesses and events including Fearn Cotton's Happy Place Festival where she lead an affirmations workshop with The Prince's Trust.





This confidence building workshop promotes good mental and emotional well being by providing attendees with positive mental wellness messages and a feel good factor that lasts.

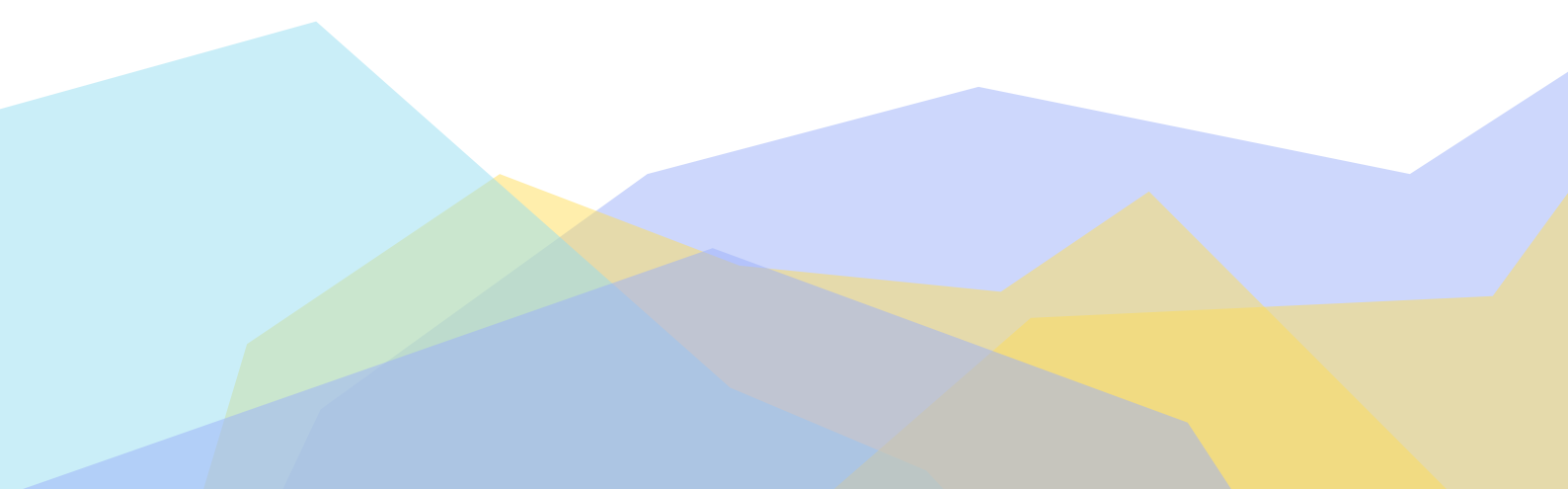
This workshop provides a relaxing and creative environment where the conversation and focus is entirely on instilling confidence and self belief into each each attendee's lives. This will fill them with hope and remind them that they are valuable, lovable, capable and important despite the things they may be going through or struggling with.

Each individual is so wonderfully unique but those who have experienced difficulties in life will often express the effects of these things through their behaviour in some way or another. This workshop encourages attendees to identify where they are not feeling or performing to the best of their ability and to identify what could be in the way of them reaching their highest potential. Once these 'blocks' have been identified, each attendee is encouraged and guided in creating some positive affirmations to help them to overcome each obstacle.

As we speak words of affirmation into all areas of our lives, we become empowered as we take back control of our emotions and begin to believe in ourselves and our futures at a whole new, life changing level.

Our words effect our thoughts and our thoughts effect our feelings so I want to encourage all workshop attendees to begin speaking positivity into their lives and the lives of others. This will relieve them of their daily frustrations and enable them to break down some of the barriers preventing them reaching their highest potential.

Suitable for between 2-30 people





Each session includes

Ice Breaker

- Group game
- Affirmation gift given out

Mental Health Awareness

- Interactive discussion about ADHD, Anxiety, and Depression designed to raise awareness, impart understanding and kill the stigma around mental health struggles.

Coaching session

- Teaching on the importance of words and how we speak to ourselves and others
- Sharing personal experiences
- Identifying blocks, difficulties, fears and reservations
- Confidence building

Uplifting art therapy

- Creating positive affirmation cards using arts and craft materials
- One affirmation card to assist with personal doubts/struggles
- One affirmation card to give to someone else as a gift of encouragement

Feedback (optional)

- Anonymous evaluation forms

Accountability

- Each attendee will be left with journaling prompts/personal tasks to continue confidence building