



CONFIDENCE BUILDING

POSITIVE AFFIRMATIONS WORKSHOP



SUPPORTING THE EMOTIONAL NEEDS
OF YOUNG PEOPLE

A PENNYBELLE CREATIONS LTD PROGRAM



Penny Jarrett is a Mental Health Blogger, Wellness Coach and Youth mentor and Care Leaver who has fought through life's struggles and is now on a mission to help others do the same. with a passion to help others understand and love their brains so they can live fulfilling lives - whatever 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 young people with positive mental wellness messages and a feel good factor that lasts. This is not only achieved by mentoring and understanding the young people, but by also creating a relaxing and creative environment where the focus is entirely on instilling confidence and self belief into their 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.

Every young person 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. By identifying where these young people actually feel they need support and encouraging them to speak words of affirmation into these areas, they become empowered as they take back control of their emotions and begin to believe in themselves and their 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 young people 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 young people





Each 2 hour 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

- The young people will be left with journalling prompts/personal tasks (homework) that can be followed up on

£270 per session