



Inspiring Youth

feeding spirit, finding self

Empowerment through the development of awareness, self realisation and connection

Promoting a holistic approach to mental, emotional and physical health

Emotional crises are something that we all have to face at some point in our lives. Depression and anxiety are common place in our culture, but from an artistic and spiritual context these crises have meaning and value. We aim to empower young people to navigate these difficult territories and to step confidently into adulthood through self awareness (mindfulness), meditation, self-realisation, engaging directly with their experiences and feelings and by giving them the emotional and spiritual tools they need to be able to make their way through the ups and downs of life, and have the confidence to take their place in the world and ultimately to thrive in it.

It has now been proved that most addictions are, at root, trauma based and many mental and physical problems are stress related. This means that emotional healing and well-being needs to be a priority in our culture now including how we educate our children and young people.

Inspiring Youth works by:

- Giving young people platforms to express themselves and have their voices heard through forums, conferences and workshops.
- Providing 'Skills for Life' workshops on empowerment, self care, meditation, relationships and love.
- Connecting them to youth workers in their field of interest who can pass on important life skills and support them to follow their chosen path in life.

Skills for Life Workshop

Self knowing and awareness is what allows you to recognise your unique gifts and to have the confidence to follow through on your ideas so that others can benefit from them.

Self care and self love is what allows you to relax, access calm which helps you to think straight, and improves your mental and physical health.

Relating.

Inspiring Youth Event

We are organising a conference which will be run by young people for young people - a platform for their voices to be heard as well as a series of innovative workshops to support them to take their place in the world. Please contact us if you would like to be involved.

Inspiring Youth Forum

Previous topics of events included: Grandparents - the wisdom keepers with Louise Coe and Sally Jenkinson; The Silent Scream - self harm and the needs of today's young people with Loraine Doherty and Transitions - rites of passage in contemporary life. We are now making a series of short films based on the presentations which will appear on the UK website, www.allianceforchildhood.co.uk under 'Inspiring Youth'.

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