

# FLOURISH PROJECT

**PROMOTING MENTAL WELL-BEING &  
DEVELOPING HEALTHY SELF-ESTEEM**

## **WHO**

**WE ARE A RESOURCE INSPIRING  
COMMUNITY TRANSFORMATION.**

## **WHY**

**WE'RE PASSIONATE ABOUT ENABLING  
INDIVIDUALS, FAMILIES AND COM-  
MUNITIES TO IMPACT 100,000  
YOUNG PEOPLE TO GROW AND  
THRIVE IN A HEALTHY WAY.**

## **HOW**

- TRAINING FOR ADULTS**
- AN 8 WEEK PROGRAMME FOR  
YOUNG PEOPLE**
- FLOURISH ONLINE\***

**\*NEW  
FOR 2021**

## **OUR TRAINING:**

**We train people to be-  
come:**

## **FACILITATORS**

**who are enabled to deliver  
the 8 week Flourish pro-  
gramme, aimed to be run  
as a preventative solution  
for young people aged 9-  
16 years old.**

## **CHAMPIONS**

**Our one day workshop is  
designed to improve un-  
derstanding of key theo-  
ries around mental well-  
being, whilst providing  
genuine pragmatic solu-  
tions that can impact your  
community.**

## **CATALYSTS**

**Our Parent Workshop fo-  
cusses on breaking  
through personal barriers  
and giving tools & tech-  
niques to improve mindset  
& mentality.**

## **CULTURE CHANGERS**

**Our INSET day for staff  
helping them identify poor  
mental & emotional well-  
being and develop skills to  
help create a positive cul-  
ture conducive to growth.**

# FLOURISH PROGRAMME

## CONTENT

- Understanding the importance of relationship, vulnerability and group dynamics.
- Exploring the basis of our beliefs and how they can affect us.
- Exploring the concept of 'fixed' and 'growth' mindsets.
- Exploring the complexity of social media and how to use it positively.
- Identifying signs of low/high self-esteem and its impact on mental and physical well-being. The concept of self-talk.
- What are the dreams we have for the future?
- How setting goals can lead to increased levels of motivation and help us to develop resilience.
- To reflect on achievements & identify areas of improvement.

## FLOURISH ONLINE

### ENABLING REMOTE LEARNING

Our excellent online resource helping children and young people 'thrive' & develop resilience through interactive activities & learning points.

*License bundles to suit the size of your school/organisation.*

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## MEASURABLE OUTCOMES

Needing data? Our programme uses recognised tools for measuring well-being and happiness, including the Rosenberg Self-Esteem and the Stirling Scale. These results can assist with providing data for PSHE and SMSC reporting.

## CONTACT: HANNAH WILLIAMS

for more information and pricing.

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## TESTIMONIALS

### PUPIL:

*"Before Flourish I hated myself and called myself horrible things, now I'm like: 'Why did I do that?'"*

### PARENT:

*"Brilliant project my son completed it and I noticed that he came on leaps and bounds and is more confident, so I would like to say thanks for this excellent Flourish project & I certainly know children benefit."*

### TEACHER:

*"This course was a positive experience and a great help to understanding well-being."*

### HEADTEACHER:

*"Student feedback has been overwhelmingly positive and not only indicates a clear improvement in how they feel about themselves but also a raised awareness of their mental health & self esteem. Whilst we pride ourselves on the pastoral care and support we provide, Flourish has undoubtedly enhanced our provision. I will be using this again and would recommend wholeheartedly."*