

From Struggle to Strength

Flourish & Thrive's school talks on mental health and resilience



flourish&thrive

Empowering Grade 11s & 12s to Psychologically Flourish and Thrive

We believe that every teen deserves to flourish. Yet with the scale of the mental health crisis we find ourselves in now, it's clear that many teens are struggling deeply. Empowering teens with the ability to better navigate stress, protect their mental health and build their resilience in an increasingly uncertain world has never been more important. After all, research shows that a person's level of resilience is the greatest predictor of their success – not IQ.

At Flourish & Thrive, we don't only want today's teens to succeed. We want them to thrive too! We feel strongly that with the deceptively simple tools and knowledge available today about the Science of Wellbeing, our youth don't have to feel like life is a constant struggle. It can even be a rich and fulfilling adventure – struggle and all!

Our vision is to equip as many teens and young adults as possible with tools and strategies from the Science of Wellbeing that enhance mental health and build resilience, giving them a better guarantee of living successful, fulfilling lives.



At school we have L.O island days and usually they are tiring and boring. But Matt and Jess got the audience hooked into the process of finding YOUR thriving self, discovering your hidden character strengths and overcoming the fear of asking for a helping hand. The warmth and caring nature made it easy to come up to them after the discussion and share your stories.

- Meghan, Grade 11



There Are 4 Ways We Can Further Fuel The Flourishing Of Your Students:

1

Delivering talks at schools that normalize, destigmatise, educate and inspire the students followed by a Q & A.

2

Holding workshops that focus on specific topics students are struggling with e.g. anxiety, poor self-esteem, negative thinking, building habits etc.

3

Facilitating group programs where we help up to 10 students per group implement research-based skills and strategies that build their resilience and wellbeing over an 8 week period.

4

1-1 coaching – our Ultimate Resilience program. It's an in-depth, truly transformative, 14 week personal development program tailored specifically to an individual student's vulnerabilities and struggles. It's been described as life-changing by almost every single one of our clients AND their parents!

If you see us partnering in a different capacity than what we've shared above, we'd love to chat more with you about it.

To get a better feel for what we do and how we do it, you can follow this link to our Ultimate Resilience for Teens page:

www.flourishresilience.com/ultimate-resilience-for-teens/

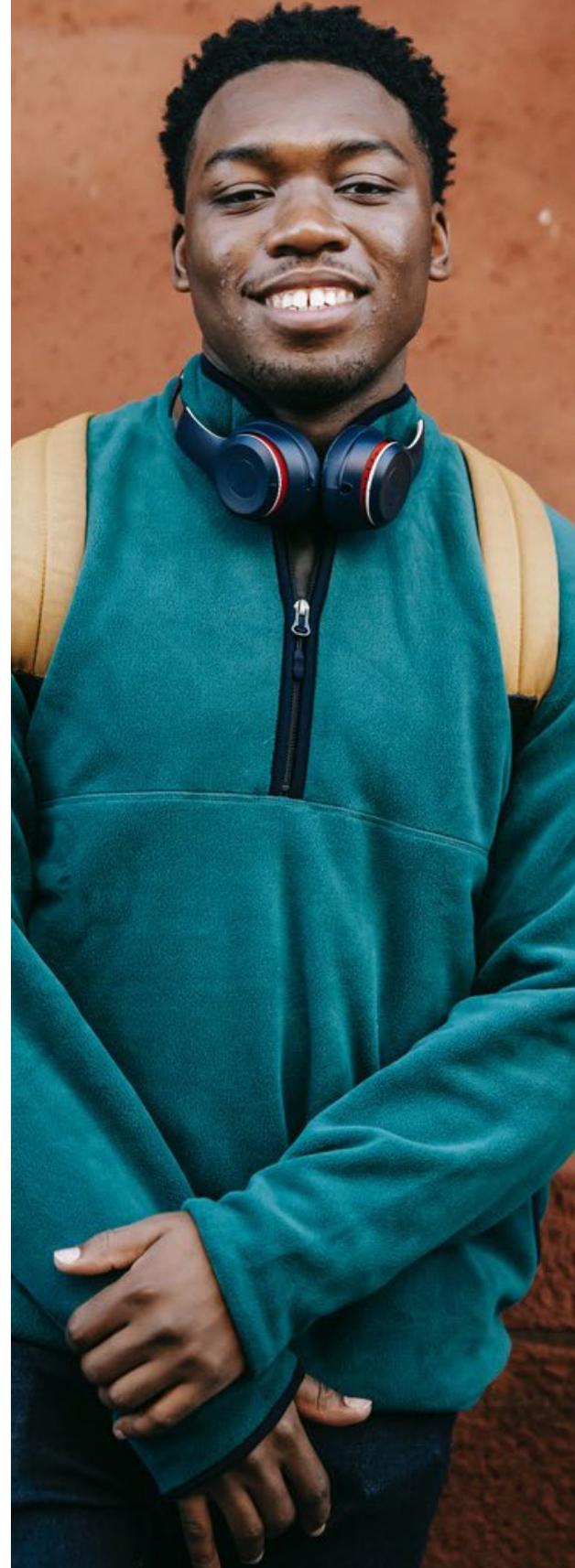


How This Will Benefit Your School



As the mental health of students begins to improve, it's not just them who benefit. Your school benefits tremendously too.

- With increased resilience, academic performance improves, **which drives the grade averages upwards.**
- As the collective wellbeing of your students develops, this has a positive knock-on effect on the school's culture and spirit levels, which makes it a **more desirable school to attend in the eyes of parents and teens.**
- Parents are deeply concerned about the current mental health crisis and at the same time, disappointed with many schools' perceived lack of response to the issue. Our research has shown a general feel that schools are more interested in making money and elevating their status than actually helping their students. We've heard this come directly from mothers whose kids attend some of the best private schools in this country. Any small attempt at improving the wellbeing of your students – and communicating this to parents – will **dramatically improve the school's reputation for being a school that genuinely cares about the flourishing of their students.**
- The school is able to play a deeper role in preparing its students for the “real world” and **improve their chances of leading successful lives.**
- Lastly, the impact it may have on some of your students **may be life-changing and even life saving.** One of the greatest services to a person who is struggling is to help remove their sense of shame and helplessness around it. It can literally be the difference between someone seeking extra help vs. taking their own life.



Invite Us To Light Up The Hearts And Minds Of Your Students

"All I can say is WOW! Matt and Jess were so incredible that I now have joined Flourish and have recommended it to all my friends. I really do think it was one of the most valuable talks I have ever gotten in my high school career so far and I've taken so much from it." - Erin, Grade 11

Our talks are engaging, delivered with energy and we meet your teens on their level. We discuss real problems that they're struggling with and share real solutions to some of them too.

To provide as much value and make as big an impact as possible in one or two periods, we follow a 4-step approach:

- > Normalise & destigmatise
- > Educate & inspire
- > Reconnect with lost values
- > Q&A

Normalise & Destigmatise

Every single one of our clients who struggles with stress, self-esteem issues, anxiety or depression has taken on the belief that there's something fundamentally wrong with them. And this is one of their biggest sources of shame and hindrances in their growth, which makes it even harder for them to admit they're struggling and seek out the necessary support for them to recover.

Using our personal experiences and research, we have fun busting the myth and lifting the curtain on just how normal it is to battle psychologically in this stage of life!

Educate & Inspire

We then introduce the Science of Wellbeing. We'll share the possibilities that exist for them to improve their mental health, prevent mental illness, bolster their resilience and better guarantee their chances of living a successful and fulfilling life.

Reconnecting with lost values

To close, we take students through a values-based exercise to help them reconnect with some of the things that matter most to them that they may have lost touch with because of the demands and pressures of school and this turbulent stage of their lives.

A sense of meaning and purpose is one of the five pillars of wellbeing and identifying and reconnecting with values is the first step in developing it. Benefits include:

- Better protection and recovery from stress
- Greater sense of meaning and purpose
- Less anxiety
- Reduced depressive symptoms
- Increased confidence

It's a small taste of what the adventure of building resilience looks like and it's a tool they can use to help cope better even in university or in the workplace. For us, the real excitement is in the prevention of mental illness by developing protective factors, rather than waiting for crisis to strike!

Q&A

With the time that's left over, we answer any questions students may have on what we've shared or about their mental wellbeing (or that of their friends or family.)

In the past, giving students the opportunity to ask questions anonymously about their mental health and wellbeing in Google Forms before we visit has proven to be invaluable. We can then spend another period answering them based on current research and experience.

What Parents Are Saying About Us:



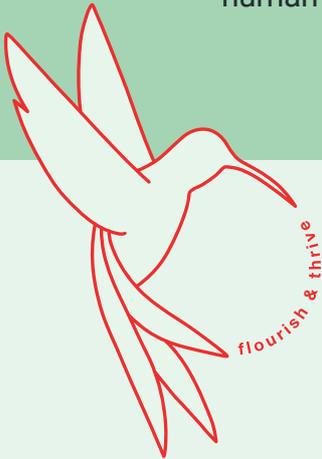
It was so exciting to see our daughter overcome insecurities and daily challenges on her own and with a deep sense of accomplishment. The Ultimate Resilience coaching program has been invaluable and will continue to benefit her throughout her life. We can't thank you enough.

- Dori & Adrian



A program I can finally recommend. Matt gave my daughter tools that will be valuable not only in the present but throughout her entire life. Something every human should have in order to overcome challenges and lead a fulfilling life.

- Yvonne



What Our Young Clients Say About Us:



The resilience program has taught me how to combat negative emotions and to cope with tough times. It is incredibly life changing and puts you on the path to your ideal life and inner superhero!

- Amy, 17



This program has honestly changed my life. I am doing things I never dreamed I would ever be able to do. I would 100% recommend this to someone like me who was struggling a lot with high functioning anxiety. I could not be more impressed with the coaches and the program.

- Rachel, 19



About us

We're Matthew Furlonger and Jessica Sjouerman and we're the founders of Flourish & Thrive. We do our work with genuine passion and care because we were once struggling teens ourselves, and our mission is to be the coaches we needed when we were younger. If someone had come and shared with us some of what we know today, they could've saved us from years of unnecessary pain and self-doubt. We hope to be that person for some of your students.

We are internationally certified coaching practitioners. If you'd like to read a little more about us and our backgrounds, please click here:

www.flourishresilience.com/about/.

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Get in contact with us!

If you have any questions, concerns or requests, we'd love to connect on Zoom, via email or over the phone. Please feel free to contact us on info@flourishresilience.com or 078 377 8325.

We look forward to hearing back from you and seeing how we can further fuel the flourishing of your students and their future success.

To a thriving life,
Matt & Jess

flourish & thrive

