



Understanding The Benefits of Physical Activity on Young's Peoples Mental Health
Essex Health Series
25th November 2021

About Us.



Empowering young people to become the best versions of themselves and live a healthy active life.

- Community Interest company (CIC) established in 2018, incorporated in 2020.
- Over 20 year's experience of working with young people.
- Programmes for young people aged 9-19.
- Impart the skills and tools that improve confidence, self esteem and resilience.
- Build positive relationship with physical activity and sports for life.
- Engaged over 200 young people to date across Essex.

Our values.



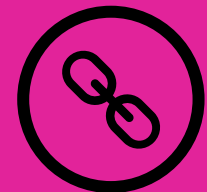
empower



grow



passion



connect

Our Approach.

Combining Life Coaching alongside Physical Activity makes us unique.

- Physical activity
- Group wellbeing activities and workshops
- 1 to 1 Life Coaching sessions
- Weekly 'Growth Work'



'I understand how important the physical part of wellbeing helps improve my mental mindset, so I make sure this is now a part of my daily routine'

Chloe, 15

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Trends since the Covid Pandemic.

The impact on young people's mental health.

- **Isolated.** despite being back at school
- **Anxiety.** being in groups, joining clubs, leaving home, interruption to school, health of family members
- **Sleep Issues.** not switching off, adjusting to digital world in lockdown
- **Increased awareness of body image.** weight gain over lockdown



Using the mind and physical activity to overcome mental health trends.



Thank you for Listening.

And to our funders for your continued support in our vision.



Funded By





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