

WORKSHOP

6TH AUGUST 2025

BE ME PROJECT

identity ~ truth ~ purpose


**TYLER ABDUL
FOUNDATION**



THE PURPOSE

01

Identify and celebrate unique self

02

Identify modern stressors and ways to reduce these

03

Understand emotions and how to deal with them

04

Understand selfcare and what it looks like for you

IMPACT

**Attendees
12/12**

**4 Topics
Covered**

**Girls 11-14
Years Old**

**100%
Engagement**



IMPACT

Attendees 12/12

It was important that attendance was open to any girl within the age range, so spaces were advertised to parents via local schools and local social media groups.

Girls 11-14 Years Old

Attendees ranged from 11 to 14 years old (school years 7 to 9 from September 25) and represented 4 local schools. Whilst many attending did not know each other, they were friendly and encouraging to each other.

4 Topics Covered

The way the topics were covered allowed for some important and meaningful conversations between the girls, and with the facilitators.

100% Engagement

The topics covered were relevant to the lives of this age group, and were delivered in fun and interactive ways resulting in full engagement by attendees. Even the quieter people took part in all activities.



THANK YOU

**2ND WORKSHOP
COMING SOON ●●●**

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