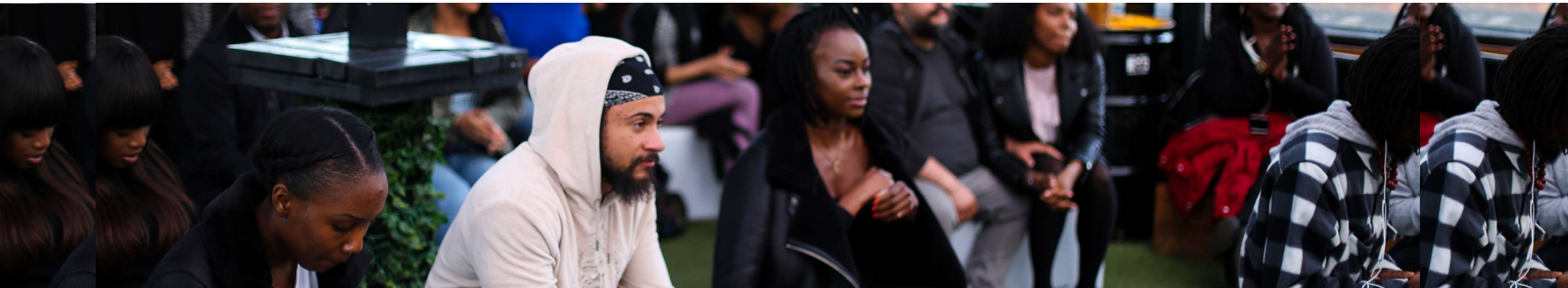




# Talks & Workshops.

**UNIVERSITIES 2021**







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# About Us.

We are Inside Out UK.

A non-for-profit social enterprise committed to helping young adults to improve their mental health and wellbeing. We are on a mission to help young people reduce their risk of developing mental health disorders through our prevention and early intervention programmes.

Using psycho-education and creativity, we educate, engage and entertain.

We believe everyone should have access to mental health education and be able to find solutions to manage and optimised their mental health, no matter what stage of the journey they are at.



# Assistant Director.

A message from the Assistant Director of Inside Out UK:

*“We all have mental health and we are all deserving of the necessary education to take care of it. Unfortunately, in today’s society the stigma around mental health is still prominent. At Inside Out UK, we as a team are creating opportunities to teach and empower young people to improve their mental health and wellbeing”*

- Nicola Pratt, Assistant Director of Inside Out UK and Social Entrepreneur with a background as a Social Worker.





# The Founder.

Vanessa Boachie (BSc, PGCert), Founder of Inside Out Well-being is an Award-Winning Social Entrepreneur with a background as a Psychological Therapist and Wellbeing Coach.

Vanessa has been working in mental health for five years and is particularly interested in empowering others to manage and optimising their mental well-being.

She has worked with leading organisations such as Virgin Group Ltd, BBC, NHS, House of Commons and Crown Prosecution Service. Vanessa has facilitated culturally responsive and racially informed well-being workshops and events across the country in Higher education, corporate organisations and places of worship, and provides one to one well-being sessions.

She is on a mission to help others 'live their best lives' through supporting them to develop an understanding of their true selves.









# We've worked with...





# Here's what they said...

*"The delivery of the workshop was engaging and innovative - I loved the overall vibe and interactions with the group; you navigated the group with ease, they opened up and was very involved in the workshop. Vanessa you and your team are a breath of fresh air on how to work towards mental wellbeing, your knowledge and passion for mental well-being was evident in the delivery and I for one look forward to our next workshop."*

**- Cheryl (2020)**

*"It's so rare to have people frank and open about their experiences and also relatable in an engaging and expansive way. I know that a lot of us came away from the session thinking differently about a number of issues."*

**- Dami (2019)**

*"How transparent it allowed everyone to be. How relaxed the environment was. Getting to know my colleagues on a more personal level. I had an amazing experience"*

**- Jennifer (2019)**

*"The delivery and content of the workshop was outstanding to say the least. Vanessa is humorous, knowledgeable, relatable and everyone in the room talked about how much they learned and gained from coming to the session. Needless to say, we will be inviting Vanessa back to do another workshop."*

**- Eniola (2018)**

# Speaking & Workshops Topics.

## **1. Practical Ways To Look After Your Mental Health**

*An overview of holistic evidence-based techniques to manage and optimise wellbeing*

## **2. Managing Stress and Workload**

*Explore the spectrum of stress*

*Discuss physiological and psychological impacts of stress*

*Learn holistic evidence-based stress management techniques*

## **3. Improve Your Mood and Break the Cycle of Procrastination**

*Explore the spectrum of low mood*

*Understand the psychology of procrastination*

*Learn evidence-based techniques to improve productivity*

## **4. Dealing with Depression and Preparing For “Off” Days**

*Understand behaviour patterns in depression*

*Learn coping mechanisms to manage and optimise mental wellbeing (pillars of health)*

*Create a personalised Wellness Plan*

## **5. Five Ways Social Media is Changing Your Brain**

*Explore the psychological and physiological effects of social media on the brain*

*Learn techniques to manage social media use*



# Speaking & Workshops Topics.

## **6. Managing Your Anxiety & Building Your Confidence**

*Understand the physiological and psychological impacts of anxiety*

*Learn evidence-based strategies to manage your anxiety*

*Explore the psychology of improving confidence*

## **7. Suicide Prevention Training: How To Help A Friend With Suicidal Thoughts**

*Identify risk factors*

*Examine personal and societal beliefs on suicide*

*Consider how we can all contribute towards suicide prevention*

## **8. Insectionality and Having Difficult Conversations**

*Explore mental health using a multifaceted approach*

*Analyse the impacts of ethnicity, positionality and structural oppression on mental health*

## **9. Let's Talk: Black Mental Health**

*Examine the impacts of race, ethnicity and culture on mental well-being*

*Discuss the biopsychosocial factors contributing towards mental health difficulties in the Black community*

*Consider practical ways to tackle mental health discrimination*

# Enquire Now.

To book us for your well-being event or training, complete the booking form using this link: <https://goo.gl/4GHf9X>.

If you have any questions contact: [info@insideoutwellbeing.org](mailto:info@insideoutwellbeing.org)

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[www.insideoutwellbeing.org](http://www.insideoutwellbeing.org)

