

MindMapper UK



**WE ARE
MINDMAPPER
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TABLE OF CONTENTS

01

About MindMapper UK

02

A message from our founder

03

As worked with

04 & 05

Impact Portfolio & Case Studies

06

Interactive Workshops

07

Coaching Programmes

08

Meet the Coaches

NOT YOUR ORDINARY COMPANY



MindMapper UK supports young people across all stages of their young adult lives to be the best version of themselves.

Whether it's a personal or professional challenge, a problem or a goal, our interactive workshops, programmes and 1-2-1 coaching sessions led by trained MindMapper Youth Coaches offer safe spaces for young people to reflect, work through their day-to-day worries, learn about themselves and gain practical life skills that they can use to live a healthier life - in schools, workplaces, communities and homes.

We empower young people from Year 10 to University. We work in schools, colleges, universities and youth groups in the UK to enable young people to take their first steps into the world of mental wellbeing and support them with navigating life's everyday challenges.

Youth Culture is part of the MindMapper DNA. We hire, train, consult, create and grow with young people at MindMapper which allows our work and our staff to be so relatable with the way we work with young people, because many of us still remember the ring of the school bell or the pressure of exam season.

Since we all will have days where we are on top of the world and days where we don't want to get out of bed, our coaches take a person-led approach, often walking the fine line between coaching and therapy to empower your youth during our sessions.

Coaching The Youth Way: Our Unique Approach

MindMapper UK

MEET THE FOUNDER



"I was diagnosed with mental illness at age 13. When I was 18, I moved to London for university. It was difficult moving to a new place on your own, studying at a top university, and trying to find your voice, but doing so with mental illness made it 10 times harder. I soon became the vice-chair of a leading think tank which gave me an opportunity to make a change. I focused my efforts on youth mental health because I really wanted to tell the government and educational institutions that not only my grades matter, but my minds matters too. And so, the change began.

1 in 4 young people will develop a mental illness before the age of 21 while 4 in 4 young people will go through poor mental health that they told MindMapper they can use some support and guidance with to not fall through the cracks of society.

That's why we started MindMapper UK, to help young people know that whatever they are going through in life, at any stage, they can get through it and be equipped with the tools to do so. We want to live in a world where every young person in the UK can tap into basic mental health education to feel comfortable supporting themselves and others."

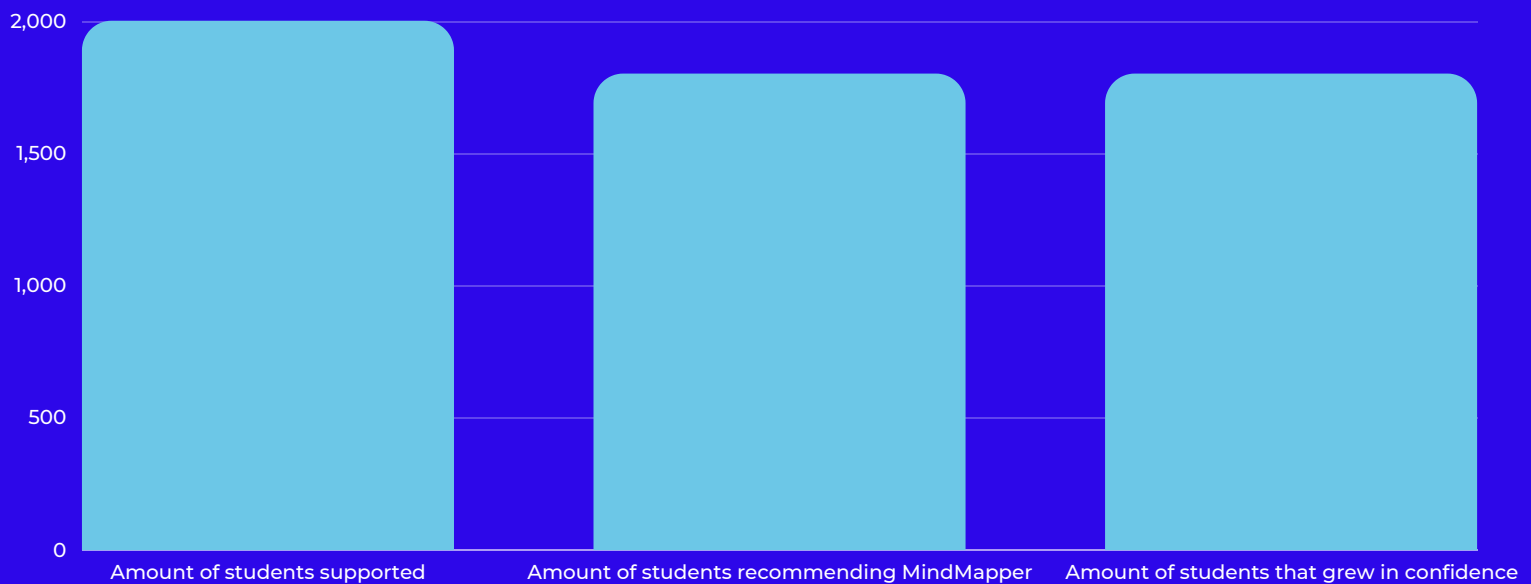
Meg Zeenat Wamithi, Chief Exec at MindMapper UK

AS WORKED WITH



MINDMAPPER IMPACT PORTFOLIO

Based off regular data we've collected since starting in 2018.



At MindMapper, we ensure that our products and services are driven by real-life experiences from young people and data. Since starting in 2018, we've actively involved young people in the design, delivery and evaluation of our educational content and here is what we found.

MENTAL HEALTH EDUCATION

After speaking with over 500 young people (aged 15 to 25) for our MindUp 2020 Report, mental health (77.5%) was picked as the most pressing issues for young people. The same young people have asked that the government and educational institutions invest into greater education around mental health & wellbeing (57.8%) diversity of services - not just counselling (54.5%), and safe spaces for young people (50.3%).

AGE-APPROPRIATE SERVICES

Many young people today know about know about mental wellbeing, with 90.2% of them knowing someone who has or is currently going through mental health challenges. And yet, speaking to parents, teachers and even professionals can be daunting due to stigma, fear and lack of relatability.

MINDMAPPER'S YOUTH IMPACT

MindMapper was founded on these building blocks - providing mental wellbeing education through age-appropriate services that young people can trust and relate with. Since starting in 2018, MindMapper has delivered wellbeing education to over 2,000 young people from primary school to graduates and trained over 20 youth facilitators. With our content and our coaches closely connected to youth culture, young people give our workshops an average score of 8.7 out of 10 and our facilitators a 9.0 out of 10. Not only does 9 out of 10 young people state they feel better learning from people close to their age as they can relate more, but also 8 out of 10 teachers loved working with MindMapper and personally benefitted from the content.

CASE STUDIES

LINKING LONDON X MINDMAPPER UK

During the summer of 2021, we piloted a 4-week coaching programme with a few students from Havering College who were identified as high achievers who needed some extra support around motivation, focus and wellbeing. Students worked with a coach on a 1-2-1 basis on their goals, time management skills and wellbeing toolboxes. The programme was a success and we have since expanded programmes to Year 12's and Year 13's with larger cohorts.



I'M IN CONTROL PROGRAMME

Taking charge of the future I want.

 X **MindMapper UK**

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[CLICK ME FOR FULL IMPACT REPORT](#)



BRITISH RED CROSS X MINDMAPPER UK

During the February 2022, we piloted a 4-week wellbeing programme with the British Red Cross's Mens Group. The men were all asylum seekers with high levels of stress on a daily basis and we were asked to teach them about mental health and equip them with new tools. This was our first time working with an adults group (ages 21 to 50+). Our male facilitators were able to create a real bond with the group, tailoring the programme to the needs of the group and as a result we've seen an improvement in the groups understanding of wellbeing and use of techniques



TO MY BROTHERS PROGRAMME

Discovering the tools to help you live a mentally healthier life.

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INTERACTIVE WORKSHOPS



**Covering practical wellbeing,
personal & professional
development skills**

PRACTICAL LEARNING

MindMapper involves and engages young people in learning by doing. These 1-to-2 hour sessions involve a mixture of teaching, activities and takeaways for young people to fully immerse themselves in the experience. Young people will be able to try new skills with the guidance of our facilitators.

AGE-APPROPRIATE LEARNING

MindMapper tailors its content & facilitators to the age group we work with. This is so that each youth group feels like they can really understand what they're learning and be able to connect with the content and the facilitators on a more personal level.

PERSONALISED EXPERIENCE

MindMapper has designed, tried and tested workshops on wellbeing, personal & professional development for young people that we can offer to you today. However, every new youth organisation we work with is unique, that's why we can also create a more personalised experience for your young people to match their needs.

WORKSHOPS CAN BE DELIVERED IN-PERSON OR VIRTUALLY

COACHING PROGRAMMES



Teaching young people the skills they need to thrive in life with group and 1-2-1 sessions

PRACTICAL LEARNING

MindMapper involves and engages young people in learning by doing. These 6-to-8 week programmes combine group and 1-2-1 sessions that involve a mixture of teaching, activities and takeaways for young people to fully immerse themselves in the experience. Young people will be able to try new skills with the guidance of our coaches.

AGE-APPROPRIATE LEARNING

MindMapper tailors its content & facilitators to the age group we work with. This is so that each youth group feels like they can really understand what they're learning and be able to connect with the content and the facilitators on a more personal level.

PERSONALISED EXPERIENCE

MindMapper has designed, tried and tested our programmes that focus on wellbeing, personal & professional development for young people that we can offer to you today. On every programme we offer, young people get a personalised experience by working with a coach on a 1-2-1 basis on their needs and goals.

FULL LEARNING JOURNEY

Over the course of the programmes, the young people will go on a full learning journey with a kick-off event, personalised support from their coaches, and a graduation to celebrate their achievements. Afterwards, the young people will be connected to local opportunities to continue their development journey's.

BOOK A PROGRAMME AND GET A WHOLE SCHOOL INSPIRATIONAL TALK FOR FREE

MEET THE COACHES



MEG ZEENAT WAMITHI

Chief Exec and Head Coach

Meg grew up in Milton Keynes, and moved to London to pursue her PPE degree at Kings College London. In her 1st year, she said "I wish I can tell the government that My Mind Matters Too" and poof! The hottest student mental health campaign was born. Fun fact about Meg, she climbed Mount Kilimanjaro and is a Diana Award holder.



DAMIAN ZABIELSKI

Head of Operations & Coach

Poland born, Tottenham raised, Damian had an interest for youth development from a young age. His passion led him into politics, psychology and a business management degree before working in the government sector, leading youth engagement in local communities. Fun fact about Damian, he loves anime and running.



LIZZIE REID

Creative & Coach

Raised in South London and Jamaica, Lizzie was born with an interest in psychology, etymology and art. Since graduating with a degree in Illustration and Visual Media from LCC & UAL, Lizzie has built an award-winning career using illustration, facilitation and campaign design to create spaces for reflection.

WE HIRE AMAZING FACILITATORS & COACHES THAT JUST GET YOUTH

MindMapper UK



**THANK YOU
FOR READING!**

Get In Touch

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@mindmapperuk (Instagram, Twitter & LinkedIn)