

Be a Part of Worth-it Projects' Wellbeing Celebration Event!

Monday 7 April, 2014

[Worth-it Projects](#) will be holding their Wellbeing Celebration Event at Loughborough Town Hall on Wednesday 21st May 2014. The whole event will be host to the launch of The Worth-it Guide, a positive thinking self-help booklet created by young people, for young people. The whole event will showcase how The Worth-it Guide benefits vulnerable young people and the impact of Worth-it Projects evidence based positive psychology coaching.

The [Wellbeing Celebration Event](#) will be composed of two sections. From 3pm to 5pm a Worth-it Projects Conference will be held for doctors, nurses and school staff, as well as anyone who works alongside at risk, vulnerable young people. From 5pm to 7pm, the Worth-it Projects team and young people will be celebrating their wellbeing, showcasing artwork and displays of what mental wellbeing means to them, as well as their progressions and developments achieved with the assistance of Worth-it Projects. The young people will be demonstrating how to use The Worth-it Guide and explain how it has helped them.

The Worth-it Projects Conference will consist of various speakers, including two of the directors of Worth-it Projects, Liz Robson and Maddy Stretton, as well as special guest speakers Dr. Mike McHugh and Dr. Christian Van Nieuwerburgh. Topics of discussion will range from discussing wellbeing to exploring evidence based positive psychology coaching and its benefits to the development of young people. The conference will also showcase The Worth-it Guide and the tools it offers to vulnerable young people, including an interactive session from the Worth-it Projects directors, demonstrating how The Worth-it Guide offers great positive learning strategies for vulnerable young people.

The second part of the Wellbeing Celebration Event will be for the young people who've worked with Worth-it Projects, as well as their family and any professionals that are interested in discovering first hand the success of Worth-it Projects and the work they do. The young people will demonstrate how The Worth-it Guide that they have developed has helped their wellbeing.

"We're all looking forward to The Wellbeing Celebration Event. It's great that our young people will be able to show what they've learnt and share how they've developed their wellbeing with their friends and family. Not only will this be amazing, but the team here at Worth-it Projects can't wait for the conference. It's going to be a fantastic experience for anyone involved; hearing the valued opinions and research from professionals in the field." - Liz Robson, Managing Director and Coach at Worth-it Projects.

"I am a great supporter of the work of Worth-It projects and have heard from constituents just how valuable and life-enhancing their support has been. Ensuring good mental health and well-being is critical, particularly for our young people. Growing up today is tougher than it has ever been and Worth-It projects over a real life line to young people, their families and those who work with them when things get too much." - Nicky Morgan, MP for Loughborough.

If you'd like to attend Worth-it Projects Wellbeing Celebration Event, (either both parts or just one) on Wednesday 21st May 2014, 3pm-7pm, get in touch with our partners at The Business House to find out more and to confirm your place: email at info@thebusinesshouse.co.uk or call on 01509 815898.

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