

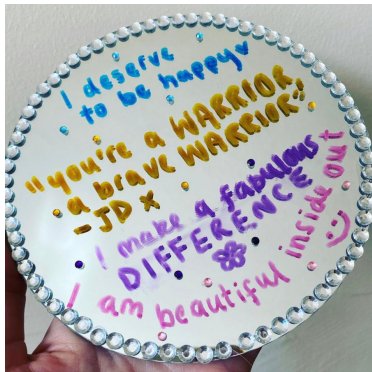
My Mentoring Journey

I heard about Flourish mentoring through my head of year at school. They thought it might be good for me and something that I would enjoy. I had recently completed a Flourish group course called Flourish Rebuild which I found helpful.

It was good for building relationships and trust in those around me. I really enjoyed getting a 'toolbox' filled with positive postcards, hot chocolate, sensory items, worksheets and colouring sheets! I had also really liked using 'mood cards' to be able to share how we are feeling with each other.

Before I started my Flourish journey I felt really down and useless. I felt that the only person that cared about me was my mum. I hoped that by having Flourish mentoring that it would help me to feel good about myself. I also wanted to learn more social skills so that I could feel more able to express myself and how I am feeling to other people.

Some of my favourite things I did in my mentoring sessions was being able to do lots of different crafts. I really enjoyed making a 'Sock Bunny' and decorating a mirror with positive quotes and affirmations. They are really good to have in my room as positive reminders for me.



I feel Flourish mentoring has helped me believe in myself, be kinder to myself and has reminded me that I am loved and valued by people around me. I now feel I am a lot more positive in my thinking- I don't always focus on the one bad thing. I am now a lot happier with myself!

I would 100 per cent recommend Flourish mentoring. Looking back now at the end of my mentoring journey I can see where I started and what a difference it has made to me.

M- Mentee aged 15

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