



# FYNIX PROJECT

## SUPPORTING YOUNG MINDS: FINDING YOUR GROUND

### Executive Summary

A Trauma-Informed, Evidence-Informed and Lived-Experience-Led Emotional Wellbeing Programme for Young People Aged 12-17

Helping Young People Build Emotional Awareness, Confidence, Resilience and Practical Skills for Life

**Rise Through Lived Experience**

Developed by Fynix Project

# **SUPPORTING YOUNG MINDS: FINDING YOUR GROUND**

## **Executive Programme Summary**

### **Helping Young People Build Confidence, Resilience and Emotional Awareness**

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## **Programme Overview**

Supporting Young Minds: Finding Your Ground is a trauma-informed, evidence-informed and safeguarding-aware emotional wellbeing programme designed for young people aged 12–17.

Developed by Fynix Project, the programme helps young people build emotional awareness, confidence, resilience, communication skills and practical wellbeing strategies through engaging and psychologically safe learning experiences.

Our organisation is proudly lived-experience led, with all programme content underpinned by extensive independent research and evidence-informed practice. Whilst the programme framework draws upon current evidence relating to emotional wellbeing, resilience, trauma-informed practice, psychological safety and youth development, delivery remains human, accessible and engaging rather than clinical or academic.

Supporting Young Minds provides preventative wellbeing education that complements existing pastoral, safeguarding and support services.

### **Quick Facts**

**Age Range:** 12–17 Years

**Duration:** Two-Day Programme

**Delivery Format:** Face-to-Face Group Delivery

**Group Size:** Up to 16 Participants

**Facilitator Ratio:** 1:8

**Approach:** Trauma-Informed • Evidence-Informed • Lived-Experience Led •  
Safeguarding-Aware

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# Why Supporting Young Minds?

Young people today face a growing range of pressures and challenges.

Alongside the normal experiences of adolescence, many are navigating academic expectations, social media influences, friendship difficulties, family pressures, uncertainty about the future and increasing demands on their emotional wellbeing.

Many young people are never taught how emotions work, how stress affects them or how to recognise and respond to overwhelm in healthy ways.

Supporting Young Minds was developed to help bridge this gap.

The programme helps young people:

- ✓ Understand emotions
- ✓ Develop emotional awareness
- ✓ Recognise stress responses
- ✓ Build confidence and self-belief
- ✓ Improve communication skills
- ✓ Develop resilience
- ✓ Learn practical coping strategies
- ✓ Increase confidence in help-seeking

By creating safe opportunities for learning, reflection and growth, the programme helps young people develop practical skills that support wellbeing both now and in the future.

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## The Fynix Approach

At the heart of the programme is our Find Your Ground framework:

### **NOTICE**

Recognise what is happening.

### **PAUSE**

Create space to reflect.

## **GROUND**

Reconnect with the present moment.

## **RESET**

Regain perspective and identify what is needed.

## **MOVE FORWARD**

Take positive steps with confidence.

The programme is built upon five key principles:

### **Trauma-Informed**

Creating safe, respectful and empowering learning environments.

### **Strengths-Based**

Helping young people recognise existing strengths and abilities.

### **Psychologically Safe**

Encouraging participation without pressure or judgement.

### **Lived-Experience Led**

Combining authentic real-world understanding with professional practice.

### **Evidence-Informed**

Grounded in research, safeguarding principles and recognised best practice.

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## **What Young People Learn**

The programme is delivered through eight interconnected modules:

1. Understanding Emotions
2. Emotional Literacy
3. Stress & Pressure
4. Grounding & Regulation
5. Thoughts & Feelings

6. Communication & Boundaries
7. Confidence & Strengths
8. Resilience & Moving Forward

### **Young People May Leave With:**

- ✓ Greater emotional awareness
- ✓ Improved confidence and self-belief
- ✓ Practical grounding skills
- ✓ Stronger communication skills
- ✓ Increased resilience
- ✓ Better understanding of stress and emotional responses
- ✓ Improved awareness of support networks
- ✓ Greater confidence in seeking help when needed

The programme focuses on building practical skills that young people can continue using long after the workshops have ended.

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## **Suitable Delivery Settings & Contact Information**

Supporting Young Minds can be delivered within:

- Secondary Schools
- Pupil Referral Units (PRUs)
- Alternative Provision
- Residential Children's Homes
- Youth Services
- Local Authorities
- Community Organisations
- Youth Charities
- Early Help Services

### **Flexible Commissioning Options**

- Whole Group Delivery
- Targeted Cohorts
- PRU Delivery

- Residential Settings
- Community Projects
- Bespoke Delivery Options

Available throughout the North West of England, with UK-wide delivery available by arrangement.

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## Let's Start The Conversation

### Website

[www.fynix.org.uk](http://www.fynix.org.uk)

### Workshop Bookings, General Enquiries & Collaborations

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### Marketing, Communications & Partnerships

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**Trauma-Informed • Evidence-Informed • Lived-Experience Led •  
Human-First**

**Rise Through Lived Experience**