



FYNIX *PROJECT*

**SUPPORTING YOUNG MINDS: FINDING
YOUR GROUND**

Programme Prospectus

Helping Young People Build Confidence, Resilience and Emotional Awareness
Through Safe, Inclusive and Evidence-Informed Learning

A Trauma-Informed, Evidence-Informed and Safeguarding-Aware Emotional Wellbeing
Education Programme for Young People Aged 12-17

Rise Through Lived Experience

Developed by Fynix Project

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Welcome to Supporting Young Minds: Finding Your Ground

Helping Young People Build Confidence, Resilience and Emotional Awareness

At Fynix Project, we believe that every young person deserves the opportunity to feel safe, understood, valued and equipped with the tools they need to navigate life's challenges.

Young people today are growing up in an increasingly complex world. Alongside the normal experiences of adolescence, many are navigating academic pressures, social expectations, online influences, family challenges, uncertainty about the future and increasing demands on their emotional wellbeing.

Whilst these experiences are different for every young person, many benefit from opportunities to better understand themselves, develop confidence, strengthen resilience and build practical skills that support their wellbeing.

Supporting Young Minds: Finding Your Ground was developed in response to this growing need.

This trauma-informed, evidence-informed and safeguarding-aware programme provides structured, engaging and psychologically safe learning experiences that help young people develop emotional awareness, understand stress and pressure, strengthen communication skills, recognise personal strengths and build confidence in their ability to move forward.

Our aim is not to diagnose, treat or replace specialist services.

Instead, the programme provides accessible wellbeing education that helps young people better understand their emotions, recognise their strengths and develop practical tools they can use in everyday life.

Throughout the programme, participants are encouraged to:

- Develop greater emotional awareness and self-understanding
- Understand stress, pressure and emotional responses
- Build practical grounding and regulation skills
- Strengthen confidence and self-belief
- Improve communication and relationship skills
- Recognise personal strengths and resilience
- Develop healthy coping strategies
- Increase awareness of support networks and help-seeking pathways

As a lived-experience-led organisation, Fynix Project combines contemporary research, trauma-informed practice, emotional wellbeing education and real-world understanding to create learning experiences that are both credible and relatable.

Everything we deliver is underpinned by our commitment to psychological safety, inclusion, safeguarding and strengths-based practice.

We believe young people should not have to reach crisis point before they are given the language, knowledge and tools to understand themselves and support their wellbeing.

Supporting Young Minds: Finding Your Ground exists to help young people recognise their strengths, build their toolkit and move forward with greater confidence.



Rise Through Lived Experience

"Every young person deserves the opportunity to recognise their strengths, build resilience and develop the confidence to navigate life's challenges. Our role is to help them find their ground and move forward with hope."

Darryl Craig, Founder, Fynix Project

Programme Overview

Supporting Young Minds: Finding Your Ground

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.

The programme provides structured, engaging and psychologically safe learning experiences that help young people develop emotional awareness, build confidence, strengthen resilience and learn practical wellbeing strategies they can use in everyday life.

At Fynix Project, lived experience sits at the heart of everything we do. Our organisation was founded on the belief that some of the most meaningful learning comes from real-world understanding, compassion and genuine human connection. This philosophy shapes our values, our approach and the way we engage with the young people, professionals and communities we work alongside.

However, lived experience alone is not enough.

Supporting Young Minds has been developed using extensive independent research and is underpinned by the evidence, theory and best practice guidance contained within our comprehensive programme framework. The programme draws upon current evidence relating to emotional wellbeing, emotional literacy, resilience, trauma-informed practice, psychological safety, neurodiversity, youth development and prevention-focused approaches to wellbeing education.

Whilst the foundations of the programme are evidence-informed and professionally grounded, our delivery style remains human, engaging and accessible.

We do not deliver clinical interventions. We do not lecture young people with academic theory or expect them to sit through formal presentations.

Instead, our workshops are delivered through trauma-informed, strengths-based and psychologically safe approaches that encourage participation, reflection, discussion and

practical skill development. Our facilitators focus on creating environments where young people feel safe, respected and able to engage at their own pace.

Delivered through interactive activities, discussion, reflection and skills-based learning, the programme supports young people to better understand themselves, recognise their strengths and develop confidence in their ability to navigate challenges.

Quick Facts

Age Range

12–17 Years

Programme Duration

Two-Day Programme

Delivery Format

Face-to-Face Group Delivery

Group Size

Up to 16 Participants

Recommended Facilitator Ratio

1 Facilitator : 8 Young People

Approach

Trauma-Informed • Evidence-Informed • Lived-Experience Led • Safeguarding-Aware

Suitable Delivery Settings

Supporting Young Minds has been designed to be flexible and adaptable across a wide range of educational, community and youth-focused environments.

The programme can be delivered within:

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

The programme supports young people to:

- Develop emotional awareness and emotional literacy
- Understand stress, pressure and emotional responses
- Learn grounding and regulation techniques
- Build confidence and self-belief
- Strengthen communication and relationship skills
- Recognise personal strengths and resilience
- Develop practical coping strategies
- Increase awareness of support networks and help-seeking pathways

Supporting Young Minds is educational rather than clinical in nature and is designed to complement existing wellbeing, pastoral, safeguarding and support services.

The programme does not replace specialist intervention, counselling or mental health services. Instead, it provides practical, preventative wellbeing education that helps young people build the knowledge, confidence and skills that support positive emotional wellbeing and personal development.

Evidence-Informed. Trauma-Informed. Lived-Experience Led. Human-First.

Why Supporting Young Minds?

Supporting Young People in an Increasingly Complex World

Young people today are navigating a wide range of emotional, social and environmental pressures.

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

Whilst these experiences affect every young person differently, many benefit from opportunities to better understand themselves, build confidence, strengthen resilience and develop practical skills that support their wellbeing.

Many young people tell us they have never been taught how emotions work, how stress affects the body, how to recognise overwhelm or how to respond to challenges in healthy and constructive ways.

Without these skills, it can become more difficult to:

- Understand emotions and emotional responses
- Communicate needs effectively
- Build confidence and self-belief
- Manage stress and pressure
- Navigate relationships
- Recognise when support is needed
- Seek help with confidence

Supporting Young Minds: Finding Your Ground was developed to help address this gap.

The programme provides structured, accessible and psychologically safe wellbeing education that helps young people better understand themselves, recognise their strengths and develop practical tools they can use in everyday life.

The Programme Helps Young People To:

- ✓ Understand emotions and emotional awareness
- ✓ Recognise stress responses and early warning signs
- ✓ Build confidence and self-belief

- ✓ Improve communication and relationship skills
- ✓ Develop resilience and coping strategies
- ✓ Learn practical grounding and wellbeing techniques
- ✓ Recognise personal strengths
- ✓ Increase confidence in help-seeking and support networks

By creating safe opportunities for reflection, learning and personal growth, the programme aims to help young people develop greater confidence, emotional awareness and resilience before challenges become crises.

Because emotional wellbeing is not simply about responding to difficulties — it is about helping young people build the skills, understanding and confidence to thrive.

The Fynix Approach

Finding Your Ground

At the heart of Supporting Young Minds sits our signature framework:

NOTICE

Recognise what is happening within yourself and around you.

PAUSE

Create space to slow down, reflect and become aware.

GROUND

Use practical techniques to reconnect with the present moment.

RESET

Regain perspective, regulate emotions and identify what is needed next.

MOVE FORWARD

Take positive, informed steps with greater confidence and self-awareness.

The Find Your Ground framework provides young people with a simple, memorable approach they can apply during moments of stress, pressure, uncertainty or emotional overwhelm.

Rather than focusing on fixing problems, the framework helps young people build awareness, develop practical skills and strengthen confidence in their ability to navigate challenges.

Built on the Fynix Principles

Trauma-Informed

We recognise that life experiences can influence how young people engage, learn and respond. Our approach prioritises safety, choice, empowerment, trust and respect throughout delivery.

Strengths-Based

We focus on helping young people recognise their existing strengths, abilities and potential rather than defining them by challenges or difficulties.

Psychologically Safe

Participation is encouraged but never forced. Young people are not expected to share personal experiences and are supported to engage at their own pace.

Lived-Experience Led

Our work is shaped by real-world understanding, authenticity and meaningful human connection, helping create learning experiences that feel relatable and accessible.

Evidence-Informed

Our programme framework has been developed using extensive independent research and draws upon current evidence relating to emotional wellbeing, resilience, trauma-informed practice, psychological safety and youth development.

Helping Young People Find Their Ground, Recognise Their Strengths and Move Forward With Confidence.

What Makes This Programme Different?

Supporting Young Minds combines lived experience, evidence-informed practice and trauma-informed delivery to create learning experiences that are both credible and genuinely engaging for young people.

Many programmes focus solely on information.

We focus on connection, understanding, confidence and practical application.

Trauma-Informed

The programme is delivered using trauma-informed principles that prioritise safety, trust, choice, empowerment and respect.

Young people are never required to disclose personal experiences and are supported within psychologically safe learning environments.

Evidence-Informed

Supporting Young Minds has been developed using extensive independent research and is underpinned by a comprehensive programme framework informed by current evidence, safeguarding guidance and recognised best practice.

Our content is grounded in research, whilst remaining practical, accessible and relevant to young people's everyday lives.

Lived-Experience Led

Fynix Project was founded on the belief that lived experience matters.

Our programmes combine professional knowledge with real-world understanding, helping us create authentic learning experiences that young people can connect with and trust.

Neurodiversity-Affirming

We recognise that young people learn, communicate and regulate in different ways.

The programme incorporates flexible participation, sensory awareness, inclusive communication and strengths-based approaches that support meaningful engagement for neurodivergent young people.

Safeguarding-Aware

Safeguarding is embedded throughout programme design and delivery.

All facilitators operate within established safeguarding procedures, professional boundaries and reporting pathways to ensure participant welfare remains at the centre of everything we do.

Evidence-Informed. Trauma-Informed. Lived-Experience Led. Human-First.

A programme designed to be robust enough for professionals and meaningful enough for young people.

The Eight Learning Modules

A Structured Journey of Growth, Awareness and Resilience

Supporting Young Minds: Finding Your Ground is delivered through eight interconnected learning modules that build upon one another to create a practical and engaging journey of self-awareness, confidence and emotional wellbeing.

Each module has been designed using trauma-informed, evidence-informed and strengths-based principles, helping young people develop greater understanding of themselves whilst building practical skills they can use beyond the programme.

1. Understanding Emotions

Helping young people explore the purpose of emotions and develop greater awareness of how emotions influence thoughts, behaviours and wellbeing.

2. Emotional Literacy

Supporting participants to develop emotional vocabulary, communicate feelings more effectively and increase self-awareness.

3. Stress & Pressure

Exploring stress, pressure and emotional responses whilst helping young people recognise triggers and early warning signs.

4. Grounding & Regulation

Introducing practical techniques that can help young people regulate emotions, manage overwhelm and reconnect with the present moment.

5. Thoughts & Feelings

Helping participants understand the relationship between thoughts, feelings and behaviours whilst encouraging reflection and self-understanding.

6. Communication & Boundaries

Developing communication skills, healthy boundaries, active listening and confidence in expressing needs respectfully.

7. Confidence & Strengths

Supporting young people to recognise their strengths, build self-belief and develop a more balanced understanding of themselves.

8. Resilience & Moving Forward

Helping participants explore resilience, identify support networks and leave the programme with greater confidence in their ability to navigate future challenges.

A Connected Learning Journey

Together, these modules help young people develop greater emotional awareness, confidence, resilience and practical wellbeing skills whilst encouraging self-reflection, personal growth and positive future development.

What Young People Learn

Building Skills for Life

Supporting Young Minds focuses on helping young people develop practical knowledge, self-awareness and confidence that can support wellbeing both now and in the future.

The programme is designed to contribute towards positive outcomes by helping young people better understand themselves, their emotions and the support available around them.

Emotional Awareness

Young people develop a greater understanding of emotions, emotional responses and self-awareness.

Participants are encouraged to recognise that emotions are a normal part of being human and that understanding emotions can support healthier decision-making, communication and wellbeing.

Confidence

The programme helps young people recognise strengths, achievements and personal qualities that contribute to confidence and self-belief.

Participants are encouraged to move beyond self-criticism and develop a more balanced and compassionate understanding of themselves.

Communication

Young people explore healthy communication, active listening, boundaries and relationship skills.

The programme supports greater confidence in expressing needs, seeking support and building positive relationships.

Regulation

Participants learn practical grounding and self-regulation strategies that can help them recognise and respond to stress, pressure and emotional overwhelm.

These tools are designed to be accessible, adaptable and relevant to everyday life.

Resilience

The programme encourages young people to recognise their existing strengths, support networks and coping resources.

Participants explore resilience as the ability to learn, adapt and move forward through challenges rather than avoid them.

Help-Seeking

Young people develop greater awareness of trusted adults, support networks and available sources of help.

The programme encourages help-seeking as a positive and proactive step rather than a sign of weakness.

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

Psychological Safety in Practice

Creating Environments Where Young People Feel Safe to Learn

Psychological safety sits at the heart of Supporting Young Minds.

We recognise that meaningful learning is more likely to take place when young people feel respected, valued and able to participate without fear of judgement, embarrassment or pressure.

Our trauma-informed approach is designed to create emotionally safe learning environments that support participation, wellbeing and personal growth.

No Forced Disclosure

Young people are never expected to share personal experiences, discuss difficult life events or disclose information they are uncomfortable sharing.

The programme focuses on learning, reflection and skill development rather than personal disclosure.

The Right to Pass

Participants always have the option not to answer a question, take part in a discussion or engage in a particular activity.

Choice and autonomy are respected throughout delivery.

Choice-Based Participation

Young people engage in different ways.

We encourage participation whilst recognising that meaningful engagement does not always look the same for everyone.

Reflection Breaks

Opportunities for reflection are built into the programme to allow participants time to process learning, recharge and engage at a pace that feels comfortable.

Grounding Activities

Practical grounding exercises are used throughout delivery to support emotional regulation, present-moment awareness and wellbeing.

These techniques help create calm, supportive and emotionally safe learning environments.

Emotional Containment

Facilitators are trained to respond calmly, appropriately and professionally if emotions arise during sessions.

The programme operates within clear safeguarding and professional boundaries whilst maintaining a supportive and compassionate approach.

Safe Spaces Create Better Learning.

Safeguarding & Professional Standards

Safeguarding at the Heart of Delivery

The safety and wellbeing of young people is central to everything we do.

Supporting Young Minds has been developed as a safeguarding-aware programme and is delivered within clear professional, ethical and safeguarding frameworks. Whilst the programme is educational rather than therapeutic, we recognise our responsibility to create safe learning environments and respond appropriately to concerns that may arise during delivery.

Enhanced DBS Checks

All facilitators hold Enhanced DBS checks and are committed to maintaining the highest standards of professional practice when working with young people.

DSL Oversight

Programme delivery operates within established safeguarding procedures and Designated Safeguarding Lead (DSL) oversight arrangements, ensuring concerns can be managed appropriately and in accordance with organisational policies.

Managing Disclosures

Whilst young people are never encouraged to disclose personal experiences, facilitators are trained to respond appropriately should disclosures arise during sessions.

All concerns are managed in line with safeguarding responsibilities, reporting procedures and professional guidance.

Professional Boundaries

Facilitators maintain clear professional boundaries throughout delivery.

Our role is to educate, support learning and promote wellbeing awareness—not to provide therapy, counselling or clinical intervention.

Risk Assessment

Risk assessments are completed and reviewed as part of programme planning and delivery to support safe, effective and inclusive learning environments.

Safeguarding Procedures

Fynix Project operates within documented safeguarding procedures that support the identification, reporting and management of concerns whilst prioritising the welfare of young people at all times.

Safe. Professional. Responsible. Child-Centred.

Outcomes & Impact

Supporting Positive Growth and Development

Supporting Young Minds is designed to help young people develop greater self-awareness, confidence and practical wellbeing skills that can support them both now and in the future.

We recognise that wellbeing is influenced by many personal, social and environmental factors. Rather than claiming to create change in isolation, the programme aims to contribute towards positive outcomes by providing young people with knowledge, practical tools and opportunities for reflection and growth.

Young People May Leave the Programme With:

- ✓ Greater emotional awareness and self-understanding
- ✓ Improved confidence and self-belief
- ✓ Practical grounding and regulation skills
- ✓ Stronger communication and relationship skills
- ✓ A better understanding of stress, pressure and emotional responses
- ✓ Increased resilience and coping strategies
- ✓ Greater awareness of personal strengths
- ✓ Improved awareness of support networks and trusted adults
- ✓ Increased confidence in help-seeking when needed
- ✓ Practical wellbeing tools that can be used beyond the programme

Building Foundations for the Future

Supporting Young Minds is not about providing quick fixes.

It is about helping young people develop the understanding, confidence and practical skills that can support healthier choices, stronger relationships and positive wellbeing over time.

By creating safe opportunities for learning, reflection and personal growth, the programme aims to help young people recognise their strengths, build resilience and move forward with greater confidence.

Confidence. Awareness. Resilience. Growth.

Suitable Delivery Settings

Flexible Delivery Across a Range of Youth Settings

Supporting Young Minds has been designed to be adaptable to a wide variety of educational, community and youth-focused environments.

Whilst delivery can be tailored to meet the needs of individual organisations and participant groups, the programme's trauma-informed, evidence-informed and strengths-based approach remains consistent throughout.

Schools

Supporting Young Minds can complement existing wellbeing, personal development, safeguarding and pastoral provision within secondary schools.

The programme provides structured opportunities for young people to explore emotional awareness, resilience, communication and confidence in a safe and engaging environment.

Pupil Referral Units (PRUs)

The programme provides a flexible and relationship-based approach that supports young people who may have experienced barriers to education, exclusion, adversity or additional challenges.

Delivery prioritises psychological safety, participation and strengths-based learning.

Alternative Provision

Supporting Young Minds can be adapted to meet the needs of young people accessing alternative education settings.

The programme's trauma-informed approach supports engagement whilst promoting confidence, self-awareness and personal growth.

Residential Children's Homes

The programme offers opportunities for young people living in residential settings to develop emotional awareness, confidence, resilience and practical coping strategies.

Delivery focuses on creating safe, supportive and empowering learning experiences.

Youth Services

Youth services can utilise the programme as part of wider emotional wellbeing, resilience and personal development provision.

Sessions are interactive, practical and designed to encourage participation without pressure.

Local Authorities

Supporting Young Minds aligns with prevention, early intervention and wellbeing priorities by helping young people develop emotional awareness, confidence and practical life skills.

The programme can support wider youth engagement, participation and resilience strategies.

Community Organisations

Community organisations, youth charities and voluntary sector providers can utilise the programme to complement existing youth support services and wellbeing initiatives.

The flexible structure allows delivery across a range of community-based environments whilst maintaining consistency in quality and outcomes.

Supporting Young People Wherever They Are.

Commissioning Options

Flexible Delivery to Meet Local Needs

Supporting Young Minds has been designed to offer flexible commissioning options that can be adapted to the needs of schools, local authorities, youth services, residential settings and community organisations.

Whether delivered as a targeted intervention, preventative wellbeing programme or wider personal development initiative, our approach remains rooted in trauma-informed, evidence-informed and strengths-based practice.

Whole Group Delivery

Ideal for schools, youth services and community organisations seeking to provide emotional wellbeing education and resilience-building opportunities to larger groups of young people.

Targeted Cohorts

Suitable for smaller groups of young people who may benefit from additional support around confidence, emotional awareness, communication or resilience.

PRU Delivery

Adapted delivery for Pupil Referral Units and young people who may have experienced exclusion, adversity or barriers to mainstream education.

Residential Settings

Flexible delivery within residential children's homes and supported accommodation settings, providing opportunities for learning, reflection and personal development.

Community Projects

Suitable for youth charities, community organisations, youth groups and early intervention programmes seeking structured wellbeing education provision.

Bespoke Delivery Options

We recognise that every organisation is different.

Programme delivery can be discussed and adapted to reflect the needs of individual settings, participant groups and local priorities whilst maintaining the integrity of the programme framework.

Delivery Availability

Supporting Young Minds is available across the North West of England, with UK-wide delivery available by arrangement.

To discuss your organisation's requirements, commissioning options or partnership opportunities, we welcome an informal conversation.

Flexible. Collaborative. Responsive.

Let's Start The Conversation

Supporting Young Minds: Finding Your Ground

Helping Young People Build:

- ✓ Confidence
- ✓ Emotional Awareness
- ✓ Communication Skills
- ✓ Resilience
- ✓ Practical Wellbeing Tools

Young people deserve opportunities to feel heard, understood and empowered to recognise their own strengths.

Supporting Young Minds: Finding Your Ground has been designed to provide safe, engaging and evidence-informed learning experiences that help young people develop the confidence, emotional awareness and practical skills needed to navigate life's challenges.

Whether you are a school, local authority, youth service, residential provider, community organisation or charity, we would be delighted to discuss how the programme could support the young people you work with.

At Fynix Project, we believe meaningful change begins with connection, conversation and collaboration.

Let's explore how we can work together to help young people build resilience, strengthen wellbeing and move forward with confidence.

Get In Touch

Website

www.fynix.org.uk

Workshop Bookings, General Enquiries & Collaborations

info@fynix.org.uk

For workshop bookings, training enquiries, partnership opportunities, community projects and general enquiries.

Marketing, Communications & Partnerships

Lauren Hankey

Marketing & Communications Lead

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For media enquiries, marketing collaborations, partnership discussions, outreach opportunities, website and communications enquiries, brand partnerships and organisational engagement.

Founder & Lead Facilitator

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For speaking engagements, specialist workshop enquiries, programme development and trauma-informed training discussions.

Director

Dexter Snagg

Director

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For organisational partnerships, commissioning opportunities, strategic development and organisational growth enquiries.

Fynix Project

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

Rise Through Lived Experience

Helping young people find their ground, recognise their strengths and move forward with confidence.