

CONSULTING SERVICES

for Caring Adults Engaging with Youth



BRING A POWERFUL VOICE OF **LIVED EXPERIENCE** TO YOUR YOUTH ENGAGEMENT WORK:

Best Practises on Youth Engagement and Recruitment; Train-the-Trainer support; Public Speaking Workshops for Youth Leaders; Co-Facilitators for program delivery, Keynotes and workshops.

About YouthSpeak

A registered Canadian charity that hires and trains youth who have lived experience with mental health-related challenges to share their personal stories in youth-led interactive presentations for schools and community groups. These young leaders are engaged in a skill-building, supportive employment opportunity with extensive training and mentorship. Our **22-year history** of mastering our craft for quality youth engagement and lived experience best practices, to date reaching over **437,000 youth and caring adults**, has positioned us as **Youth Engagement Knowledge Experts**.

Outcomes:

- ✓ Enhance your engagement practises to strengthen youth voice
- ✓ Gain practical tools to improve youth skill development
- ✓ Elevate your program delivery for greater impact

“The insights of lived/living experience practitioners, alongside those of service providers, policy-makers and families, are critical to building mental health systems that are not only effective, but compassionate and recovery-oriented, placing the person at the centre.”

– World Health Organization

“The Mental Health & Inclusivity workshop... provided a safe and supportive space for open and honest conversations about mental well-being. The presenters' stories were especially powerful, offering valuable insight into what some of our students may be experiencing and reminding us how easily, as adults, we can overlook these struggles in our busy lives.

The facilitators were engaging, compassionate, and highly knowledgeable. They shared practical tools and strategies to help manage stress, build resilience, and better support both ourselves and the young people we work with. Overall, it was an enlightening and meaningful session that encouraged reflection, empathy and proactive care for mental health.”

– Angela Brown-Knight, Pathways to Education, Rexdale Community Health Centre, Toronto

Consulting Opportunities

Youth Engagement:

Gain valuable insights from our team of Youth Facilitators **drawn from our long history** of mastering our craft for lived experience best practices



Trained Youth Facilitators:

Add impact to your Keynote presentations, workshops or panel discussion by booking one of **our Youth Facilitators to co-facilitate with your clinical team**



Public Speaking Workshop:

Enhance your young leaders public speaking skills in this **engaging, fun and safe workshop** led by our team of Youth Facilitators

