

# U-EVOLVE MANIFESTO

## WHAT WE DO

The young people we see have often experienced trauma or multiple adverse childhood experiences (ACEs). They hide their pain. Some issues we see are self-harm, panic, anxiety and depression. We support and help them to recover, engage and own their futures.

## WHY it's important

It's unjust that young people facing adversity are under-supported and judged, so they develop lower expectations of themselves and others.



Our mission is to help young people raise their expectations so they can reach their potential.

## HOW we work

Too many teenagers have learned to reject themselves because they have repeatedly experienced rejection and failure.



We believe in young people who don't believe in themselves, which builds trust. We build trust by believing in young people.

## WHAT is different

Young people who suffer traumatic experiences need long-term, stable figures to support them, rather than short-term therapies that treat the symptoms and not the cause.



We deliver a long-term, pioneering blend of tailored **therapy + coaching + youth work.**

"You are the only person I have spoken to about it and it has really helped." AT

"I actually feel like I have some control in my life for the first time ever." ZW

"You're a pure magician." MD

# U-EVOLVE APPROACH

## HOW IT WORKS

Our unique approach of combining therapy, youth work and coaching is more effective than standard therapies. A long-term approach results in young people internalising the messages to change their attitude and behaviour.



The result of our approach is that we arm young people with a skills toolkit:

- ✓ **Confident Mindset: in my abilities to learn and develop**
- ✓ **Resilient Attitude: I bounce back and work hard to achieve**
- ✓ **Secure Toolkit: I know myself better and can relate well to others.**

“It’s not just therapy, it’s fun.”