Jackie Wilson

Keynote Speaker, Empowerment Coach, Mindfulness Teacher and Founder of Empower Education, Jackie is passionate about inspiring the next generation to go on a journey of self-discovery. She believes every child, no matter their background, gender, race, religion or ability has an unlimited potential. With self-awareness, an optimistic mindset, self-belief and the right tools to be able to navigate life’s challenges, they CAN be successful in life.

Jackie works with children, teens, young adults, parents & educators running programmes, workshops and 1-1 coaching sessions in self-development, resilience and self-belief.

[www.empowereducation.co.uk](http://www.empowereducation.co.uk)

Jackie is also co-founder of Emotions Toolkit®, a resource to support young minds to self-regulate their emotions. A collection a yoga, mindfulness and scientifically proven ‘in the moment’ breathing & visualisation techniques, that can be successfully used by children, parents and educators to calm the mind, build resilience and enhance well-being.

[www.emotionstoolkit.com](http://www.emotionstoolkit.com)

Jackie Wilson is co-founder of Positively Empowered Kids CIC, an awarding winning social enterprise, based in Nottingham, passionate about educating & empowering the next generation, their parents, carers and educators to growing healthy thriving minds, and unlock their potential.

Positively Empowered Kids CIC brings families & schools together with wellbeing experts, through events, online family empowerment hub, and programmes. They create a collaborative and supportive local culture through an early intervention and prevention model.

[www.positivelyempoweredkids.co.uk](http://www.positivelyempoweredkids.co.uk)

We have a strong network of over 500 wellbeing experts, our focus is always on empowerment, providing the tools to cope with our disrupted lives.

Our free family empowerment hub offers content from specialists in areas such as emotional wellbeing, mindfulness, coaching, yoga, nutritionists, parenting experts. These are tried and tested techniques praised by the schools and families we have helped in the past. [www.positivelyempoweredkids.co.uk/hub](http://www.positivelyempoweredkids.co.uk/hub)

We have already run many online events since March such as a Family Wellbeing Event, Teen Takeaway, Parenting and Teacher Wellbeing. These are available on YouTube: <https://www.youtube.com/channel/UC6yhhZHkEwgUWBYARDAANiw/playlists>

We have also collaborated on a free to access [www.teacherscomefirst.org](http://www.teacherscomefirst.org) conference.

Our facebook page is <https://www.facebook.com/PEKFamilies>

We have just launched a pilot of our Positively Empowered Communities group – initially in Gedling Borough, aimed at parents/carer. This will focus on providing a Positively Empowered Community facebook group, alongside free to access zoom sessions to empower, inspire and uplift families.

We are also running a pilot to engage all schools in Gedling Borough, to take part in a Youth Voice Project. We’d love to have you join us on this journey, please click here and complete this form to be kept up to date with the launch [https://bit.ly/3g7hAyZ](https://l.facebook.com/l.php?u=https%3A%2F%2Fbit.ly%2F3g7hAyZ%3Ffbclid%3DIwAR2Ut0Pw-aJy_lDDpYWR3NH6qYWCYL7lO6JCKl2VJv4LjJBvtYjsrTuvdOE&h=AT3qtoS67ElCtL25bZZ_-QCDttb6mc-NxFHV7kizuH1SUE7kq2WIGGjdYxG7oMLulm04L5s9sBjlA_7d00vKMn2YdHSVb7ckpjiEv_DFsjDatgKX2zLwtNmnM36_k4t0_WXmig)

To reach us directly, please email us at [pekcic@gmail.com](file:///F:\PEK\Bios\pekcic@gmail.com)

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To reach us directly, please email us at [pekcic@gmail.com](file:///F:\PEK\Bios\pekcic@gmail.com)

For your school we can provide bespoke online content such as wellbeing videos and workshops.  We also offer consultancy, coaching, training, workshops, programmes, INSET, webinars and assemblies, online & in person.

We are also currently in the planning stages of a whole community online provision, aimed at parents/carers launching in December. This will focus on providing a Positively Empowered Community facebook group for Gedling Borough, alongside free to access zoom sessions to empower, inspire and uplift families.

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