

WELCOME TO 'UNSTOPPABLE!'

WHY EMOTIONAL RESILIENCE MATTERS

Teens today are experiencing an unprecedented array of challenges, from global uncertainties to personal struggles.

'Unstoppable', authored by Eric Agyeman, the 2022 African Australian of the Year, speaks directly to the experiences and needs of today's youth.

Through guided exercises, expert insights and a focus on emotional resilience, the journal aims to empower teens to confront and conquer many obstacles, fostering a strong and adaptable mindset for success in today's ever-evolving world.



ENHANCE YOUR WELLBEING CURRICULUM TODAY!

'Unstoppable' provides a comprehensive framework for personal growth, encouraging reflection, anti-bullying tools, goal-setting and self-discovery.

Join our network of partner schools already benefiting from using 'Unstoppable' as a resource in their well-being curriculum and graduation gift.

CONTACT US FOR BULK PRICING & BOOK ERIC AS A SPEAKER



E-mail Address

hello@ericagyeman.com



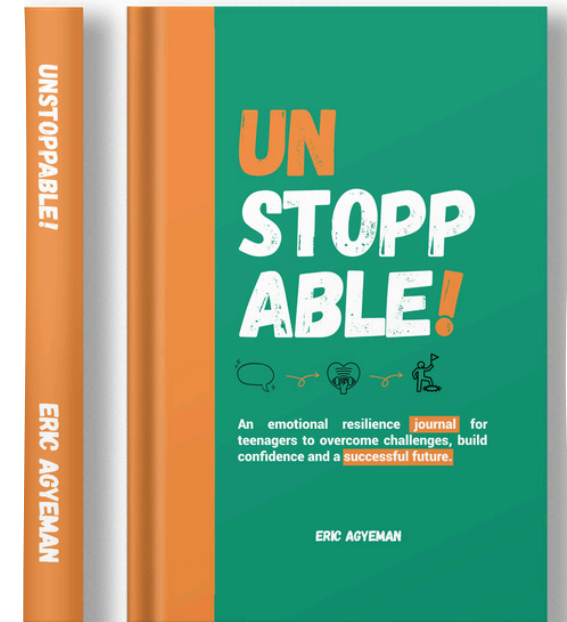
Our Website

www.ericagyeman.com



EMPOWERING TEENS TO THRIVE THROUGH

LIFE'S CHALLENGES



30 Day Resilience Journal



ERIC AGYEMAN
Youth Mentor & Speaker

ABOUT

THE JOURNAL

Every page of the journal is a vibrant and purposeful journey, meticulously designed to captivate and engage students.

It's a **student's** personal motivational compass.

For **teachers**, it's a versatile resource that offers a structured yet adaptable tool to ignite discussions that spark transformational conversations within the classroom and beyond.

WHAT TEACHERS ARE SAYING!

"This journal has been a great tool and addition to our well-being curriculum. The students have found it easy to navigate and it has encouraged very good conversations amongst them"
- Middle School Coordinator

ARE YOUR STUDENTS GOING THROUGH ANY OF THESE?

1. Self-Identity and Confidence Issues:

Teens frequently face self-doubt and confidence issues. 'Unstoppable' guides teens through self-reflection exercises to nurture a positive self-identity, boosting confidence and self-assurance.

2. Digital Overload and Distraction:

In a hyperconnected world, teens often struggle with constant digital distractions impacting their focus and wellbeing. 'Unstoppable' provides strategies to navigate digital overload, promoting mindful habits that enhance concentration and emotional balance.

3. Mounting Stress and Anxiety:

Many teens grapple with overwhelming stress and anxiety due to academic pressures, social expectations and personal challenges. 'Unstoppable' offers practical exercises and guided reflections to help teens manage stress, fostering resilience in the face of pressure.

THEN THIS JOURNAL IS FOR YOU!



Check out our bulk pricing, workshop brochures, make a booking and more!

ABOUT

THE AUTHOR

From gang member to youth mentor & motivator. A victim of racial bullying in primary school, Eric had first-hand experience of being bullied. Being the only African in his school, he experienced constant teasing, isolation and fear which led to him missing many days of school. The bullying led to anger and other emotions he didn't know how to identify or navigate at the time. This would lead to 4 suspensions by Year 8.

From being a gang member in High School and labeled 'at risk', two decades later Eric was awarded the African Australian Community Impact award in 2014 for his work both locally and in Africa.

An author of 3 best-selling books, Eric is passionate about young people and their future. His resilience in overcoming mental health challenges, suicidal thoughts and teen gangs positions him as a great example to young people - no matter your background, mistakes and challenges, you can still get back up and make your life count!

"It's easier to raise strong children than to repair broken men" - Frederick Douglass