

A glowing lightbulb with a filament, set against a background of bokeh lights. The lightbulb is the central focus, with its filament glowing and casting a warm light. The background is dark with several out-of-focus, circular light spots in shades of orange and yellow, creating a bokeh effect. The overall mood is one of inspiration and potential.

# Unlocking Potential: Empowering Young Minds to Thrive

Jake Eades Thursday 16 Nov 2023

# Overview

## 1 | Introduction

Who am I

## 2 | Kids are Miserable

They Don't Need to Be

## 3 | Solution 1

Move More

## 4 | Solution 2

Spend time in nature

## 5 | Solution 3

Participate in Arts

## 6 | Solution 4

Help others

## 7 | Solution 5

Read

## 8 | Solution 6

Eat well

## 9 | Solution 7

Sleep

## 10 | Conclusion and questions

# Who am I?

## Establishing Context for Today's Discussion

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Grew up with interesting circumstances

Diverse roles in my career: music and theatre, sports and education

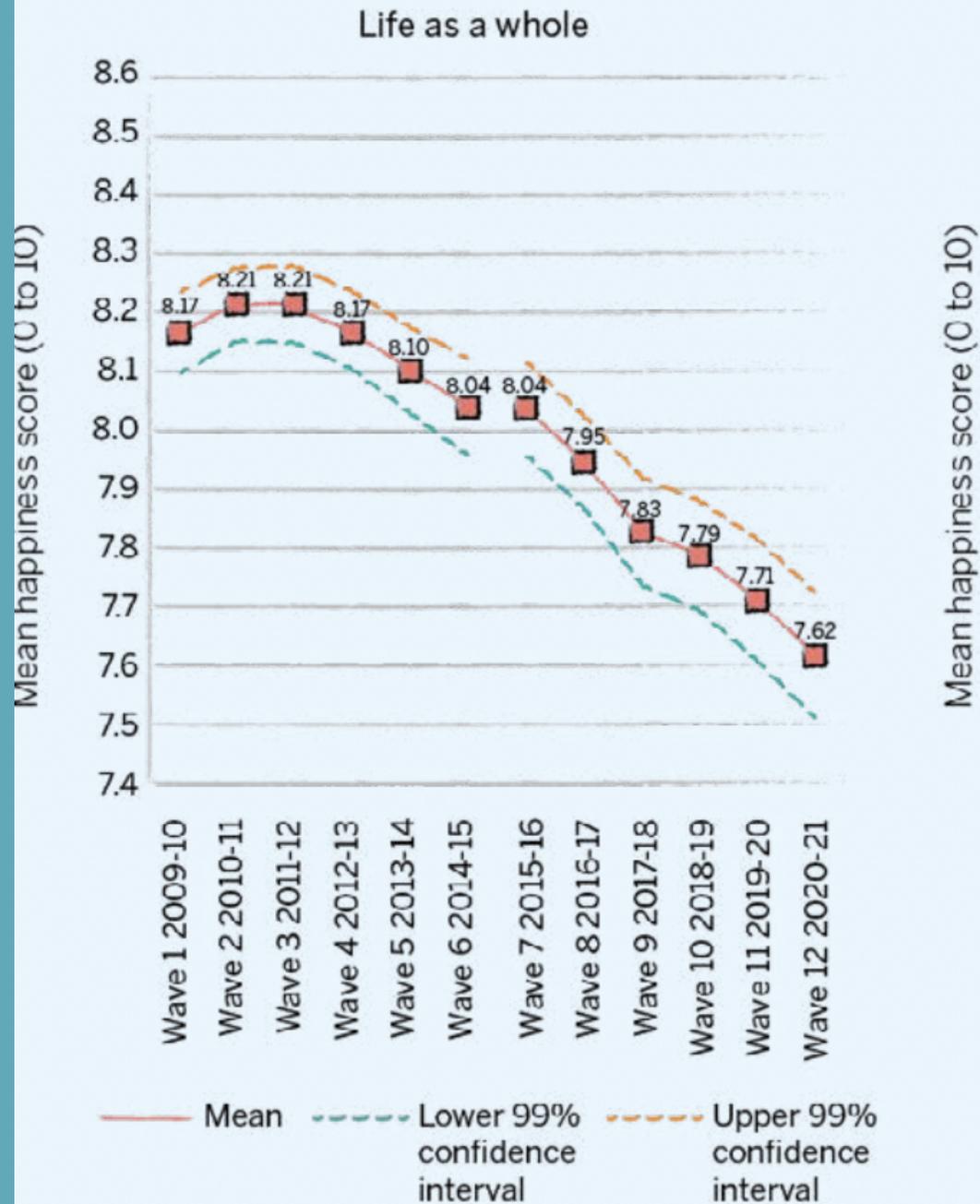
Currently lead my schools lower middle school pastoral program

involved in local to global service projects.

Based in Singapore with a family: wife, two children, and a couple of dogs.

I want to find ways to support anyone, regardless of circumstances.





# Kids are Miserable

## Trends in Youth Happiness: A Decade in Review

From the good childhood report 2023 showing a steady decline in happiness scores have seen a continuous drop over the years.

Multiple factors play into this

Increased Screen Time and Social Media Use

Academic and Social Pressure

Economic Uncertainties

Environmental and Global Concerns

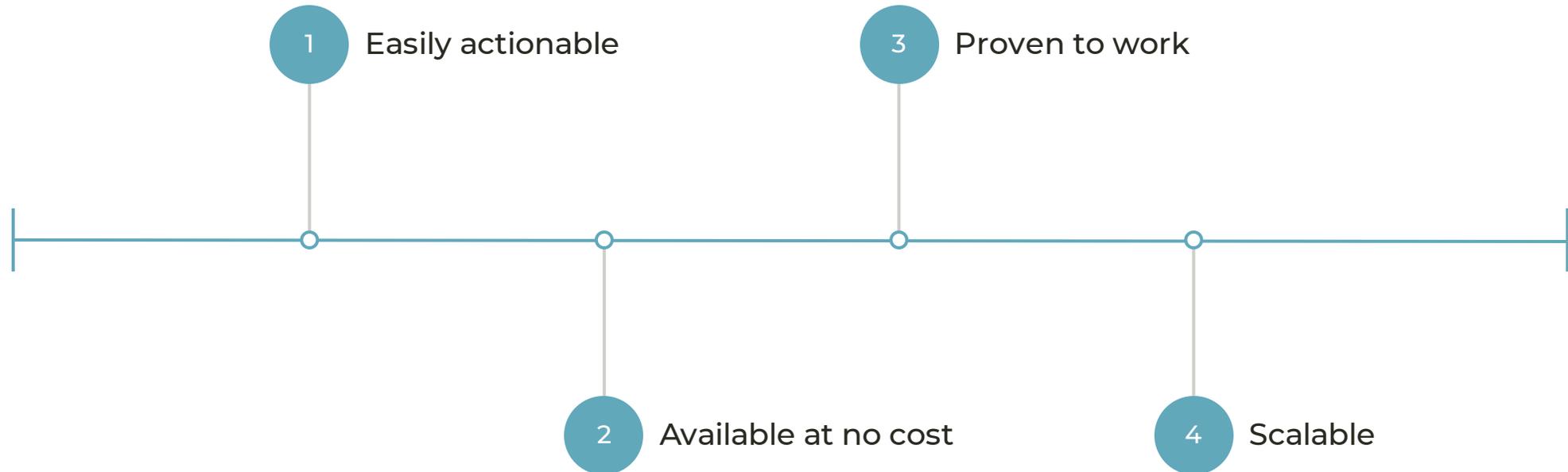
Lack of Physical Activity

Breakdown in Community and Social Bonds

Changes in Family Dynamics

# Scope of Work

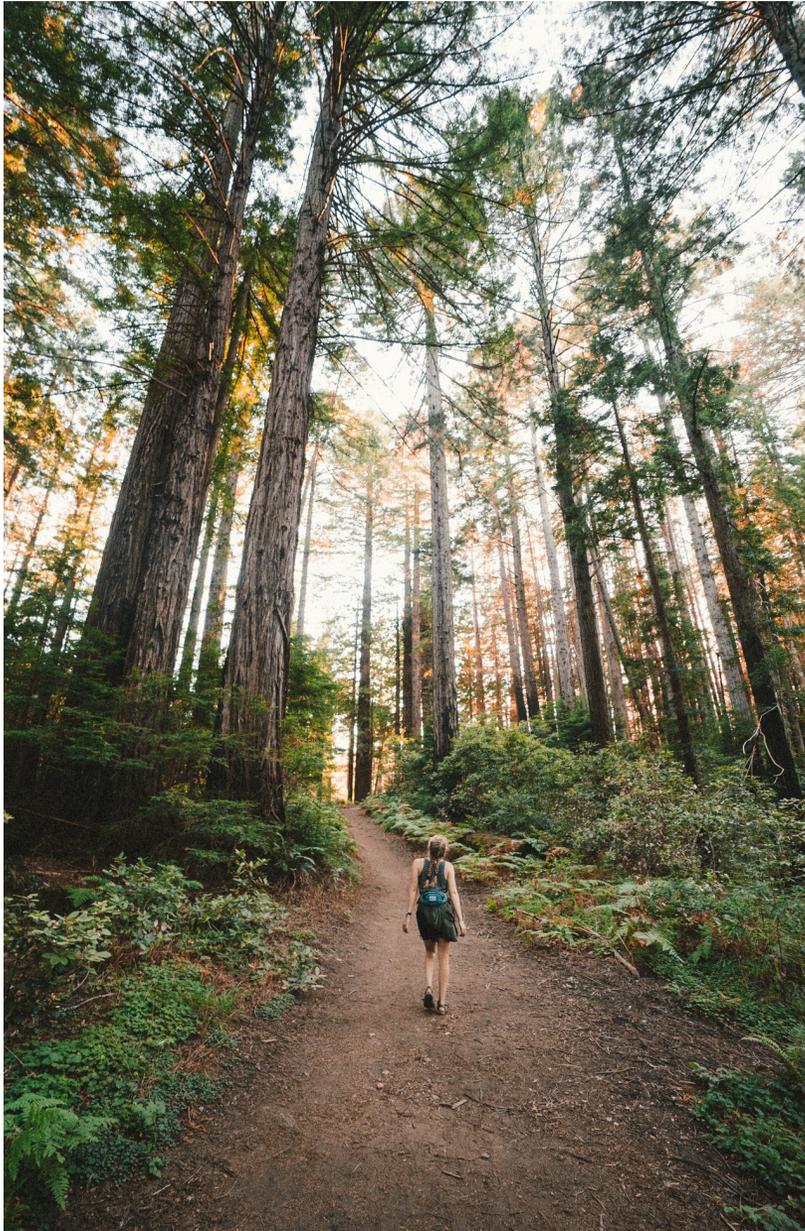
To help with these issues young people need options that are





Solution 1

**Move more**



Solution 2

# Spend Time in Nature



Solution 3

# Participate in Arts: Let It All Out



Solution 4

**Help Others  
to Help  
Yourself**



Solution 5

# Read: Broaden Your Horizon



Solution 6

# Eat Well, Live Well



Solution 7

# Sleep: The Secret Super Power

# Deliverables

How we can take this forward

- **Deliverable 1**

Take these ideas forward in your own life.

- **Deliverable 2**

Introduce them to young people in small steps not all at once

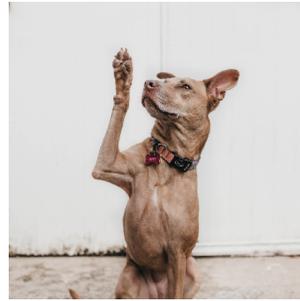
- **Deliverable 3**

Find ways to make them happen, think outside the box

- **Deliverable 4**

Tell people about what you do and your successes and challenges,

# Questions and comments on the slides presented



Thank you for listening. Let's keep this conversation going to empower young minds.