



Overview

WELLBEING PROGRAMMES: TEA WITH TOLS WELL-BEING SESSIONS™

Unlock the transformative potential of your university community with Tea with Tols Well-being Sessions™. This highly successful & award winning immersive 4 or 7-week wellbeing programme is intentionally designed to empower students from minority ethnic backgrounds, fostering a sense of belonging and enabling positive transformation.

Each week, we delve into crucial topics, meticulously crafting a safe space that encourages authentic exploration of their realities. Together, we foster profound connections among peers, nurturing a supportive network with practical wellbeing tools, that will sustain them on their university journey and far beyond.

Tea with Tols Wellbeing Sessions™ is more than just a wellbeing programme, it's a psychologically safe haven where we openly discuss without judgment or hesitation, fostering an environment of trust and support.

Join us as we embark on a transformative journey of personal development and behavioural change, where we learn, share, and grow together, all while enjoying a comforting cup of tea or coffee.

Equipped with practical tools and expert guidance from renowned coaches, facilitators and wellbeing experts, students are set up to flourish, harness their inner strength and resilience.



OBJECTIVES

TEA WITH TOLS WELL-BEING SESSIONS™

IGNITE EMPOWERMENT



UNLEASHING THE POTENTIAL WITHIN STUDENTS WITH EMPOWERING TOOLS TO ENHANCE THEIR DAILY MENTAL WELLBEING, EQUIPPING THEM WITH THE TOOLS TO THRIVE.

FUEL INSPIRATION



FUEL INSPIRATION THROUGH POWERFUL STORIES SHARED BY OUR REMARKABLE SPEAKERS, IGNITING A PASSION FOR TRANSFORMATIVE LIFESTYLE CHANGES.

FORGE A 'SAFE HAVEN'



FORGE A 'SAFE HAVEN' FOR STUDENTS TO SHARE, LEARN, AND UPLIFT EACH OTHER, FOSTERING A STRONG AND SUPPORTIVE WELL-BEING COMMUNITY.



Toluwa Oyeleye

HOST AND FACILITATOR

Host

The sessions are expertly crafted and led by Toluwa Oyeleye, a TEDx speaker and seasoned Wellbeing coach with over a decade of experience in supporting young people with their mental wellbeing needs.

Guest Speakers

In our esteemed lineup of speakers, we proudly showcase phenomenal experts and coaches of color in their respective fields, each sharing inspiring stories that center around mental wellbeing. Students will be captivated and empowered by their powerful narratives, fostering a sense of inclusivity and strength in their journey towards wellbeing



STRUCTURE

WORKSHOP AGENDA



WELCOME

As the host takes the virtual stage, the session unfolds with a warm welcome, providing an engaging overview and setting clear objectives for the transformative journey ahead.



ICEBREAKER & INTRODUCTIONS

As the session kicks off, everyone gets a chance to introduce themselves, breaking the ice with engaging and inclusive exercises. Get ready to connect, laugh, and build camaraderie in this uplifting and welcoming atmosphere.



GUEST SPEAKER-STORY

The esteemed guest speaker takes the spotlight, sharing their empowering story through a captivating 20-minute talk/presentation. Get ready to be moved, uplifted, and motivated to achieve greatness in your own life!



DISCUSSION

Shortly after the inspiring talk, a dynamic discussion ensues, expertly facilitated by the host using powerful **group coaching techniques**. Engage in meaningful conversations, gaining valuable insights and support from peers. With practical wellbeing tools provided, students will be equipped to apply newfound wisdom and foster personal growth on their journey towards a thriving life.



CLOSING REMARKS

We wrap up the session with some fun reflective exercises, empowering students to apply the insights they've gained. Moreover, we'll provide 'applied' homework for the week, as a way to seamlessly integrate the learnings into their daily lives, which will be reviewed in the next session.



Sample Programme Breakdown

Experience a bespoke programme, expertly tailored to meet your university's specific needs, ensuring an impactful wellbeing journey that profoundly resonates with your student community.

WEEK 1: AM I ENOUGH?

This session will explore what self-worth, self-love and self-confidence look like for students of colour, with practical tips and wellbeing techniques provided.

WEEK 2: BUILDING RESILIENCE

In this session we will explore transformative wellbeing techniques to unlock inner strength, overcome challenges, and build an unshakable foundation of resilience for a thriving and empowered life.

WEEK 3: PLANT YOUR FEET ON SOLID GROUND

This session explores the cycle of comparison and imposter syndrome. Students will learn how to navigate these challenges with confidence, armed with practical well-being tools to reclaim their authentic self.

WEEK 4: 5 STEPS TO A HAPPIER LIFE?

This session will explore strategies to overcome low mood, combat loneliness, and foster robust support networks.

WEEK 5: THE ULTIMATE GUIDE TO SETTING INTENTIONAL BOUNDARIES

Discover how boundaries can be a catalyst for personal growth, self-empowerment, and balanced relationships. In this session, students will learn practical techniques to assertively communicate their needs, nurture their well-being, and cultivate a life of purpose and fulfilment.

WEEK 6: LABELLING AND IDENTITY: HOW DO YOU SEE YOURSELF?

This session covers transformative techniques to conquer limiting beliefs, break barriers and rewrite your story. Students will leave with practical tools to unleash their true potential for a life of limitless possibilities.



WEEK 7

REFLECTION

In this final session, we embark on a profound reflection of the past 6 weeks, culminating in an engaging talk and discussion on change management.

Students will be inspired and equipped with essential insights to navigate life's transformations with confidence and resilience.

As we bid farewell to this transformative workshop, we embrace the power of change and welcome a future armed with wellbeing tools to navigate life's challenges.



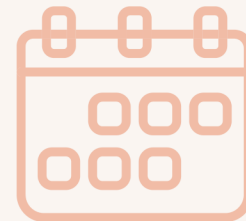
WHAT NEXT?



Get In Touch



**Customised
Package Design**



**Discuss Preferred
Dates**



**Sign Service
Agreement**



**Student-Focused
Event Promotion**



TEA WITH TOLS WELL-BEING SESSIONS™

TESTIMONIALS

Ben

Bath University

It was amazing to participate, especially with a community of people that look like me, it is important to develop self-care and wellbeing. It was good to see other males as that was a personal worry . Toluwa is an amazing facilitator who projects expertise and compassion. I'm very proud to be part of this programme. Thank you so much Toluwa!

Abbie

Abertay University

The sessions were really inspiring. It helped me in a lot of ways, knowing that we are not the only one struggling and we all fight against the same demons inside us. It was really inspiring to see that it was possible to keep going, even if you are suffering from depression and that relapsing is part of the process of healing. I also really enjoyed the small Q&A with the speakers

Harry

Northumbria University

I really enjoyed this programme. It was great to hear from other students about their experiences and to know I'm that I'm not alone. Toluwa also provided a safe space and great insight into wellbeing and self love in all its forms.

TEA WITH TOLS WELL-BEING SESSIONS™

Service Pricing Guide

G O L D

£ 2 4 0 0

Tea with Tols Wellbeing sessions | 7 week programme

S I L V E R

£ 1 4 0 0

Tea with Tols Wellbeing sessions | 4 week programme

toluwaoyeeye.com

Audience capacity: 15-20 attendees per programme

