REFOCUS
next generation transfocrmation

LIVED EXPERIENCE. REAL IMPACT.

WHEN YOUNG PEOPLE SEE IT, THEY BELIEVE IT.

HOPE. PURPOSE. POSSIBILITY.

YOUNG PEOPLE ARE MORE LIKELY TO ENGAGE, LISTEN AND BELIEVE IN THEIR FUTURE WHEN THEY SEE PEOPLE WHO HAVE BEEN WHERE THEY ARE.

WHAT YOUNG PEOPLE TOLD US...

> *It's different when it's someone who's been through it. You listen more because you know they understand.*

> *When I hear someone my age who made it out, it stirs me up. It makes me think, 'Maybe I can do it too.'*

> *Seeing someone with similar struggles succeed gives hope. It shows there is another way.*

> *Role models don't have to be perfect. They just have to be real and show what's possible.*

> *People with lived experience don't judge you. They get it. They help you see your value when you've forgotten it yourself.*

MY STORY CAN CHANGE SOMEONE ELSE'S FUTURE

> *When someone who's been through mental health challenges, violence or prison tells their story, it gives me strength.*

LIVED EXPERIENCE COMES IN MANY FORMS...

MENTAL HEALTH
Anxiety, depression, trauma, recovery.

DISABILITIES
Physical, learning disabilities, invisible disabilities.

NEURODIVERSITY
ADHD, Autism, dyslexia, and other neurodiverse experiences.

CRIME & OFFENDING
Involved in the justice system, prison, community sentences, turning away.

VIOLENCE
Victims or exposed to violence.

DISADVANTAGE
Poverty, housing instability, family breakdown, discrimination.

> *It's not where you start, it's what you choose next that defines your future.*

ROLE MODELS WITH LIVED EXPERIENCE DO MORE THAN INSPIRE - THEY:

- Build trust and connection
- Show that change is possible
- Challenge stereotypes
- Share real strategies for success
- Offer guidance without judgement
- Create safe spaces to learn and grow

REPRESENTATION + RELATABILITY = BELIEF + MOTIVATION + ACTION

WHAT IT GIVES YOUNG PEOPLE

HOPE
Seeing someone like me makes me believe.

PURPOSE
I feel like I can have a goal and work towards it.

DIRECTION
Real advice from someone who's been there.

BELONGING
I feel less alone and more understood.

CONFIDENCE
It builds my self-belief and courage to try.

A BETTER FUTURE
It reminds me my story doesn't have to end my future.

STORIES CHANGE LIVES.

LET'S CONTINUE TO AMPLIFY VOICES, CELEBRATE PROGRESS AND CREATE PATHWAYS TO BETTER FUTURES.

TOGETHER, WE CAN.