



# A Mindful Existence

A journey to Mental Resilience and Wellbeing  
For Children and Young People



**Justbe**<sup>©</sup>  
Pause • Reflect • Breath

## Introduction

Everyone has thoughts that go through their heads at all times. Some people tell 'themselves' negative things and some positive. If you are constantly in your own head, sorting through all the things that could go 'wrong,' quite often they will, which leads to stress and anxiety. However, if you change your mental scripting to positive thinking, you will put yourself in a much better place. This great skill or ability to manage and instil positive thoughts can be a challenge to master, which can cause the negative thoughts to manifest into mental health disorders.

Unfortunately, mental health disorders have become prevalent in children and young people in today's society. Some key facts from the NHS publication: Mental Health of Children and Young People in England, 2017 say:

- One in eight (12.8%) 5 to 19 year olds had at least one mental disorder when assessed in 2017
- Specific mental disorders were grouped into four broad categories: emotional, behavioural, hyperactivity and other less common disorders. Emotional disorders were the most prevalent type of disorder experienced by 5 to 19 year olds in 2017 (8.1%)
- Rates of mental disorders increased with age. 5.5% of 2 to 4 year old children experienced a mental disorder, compared to 16.9% of 17 to 19 year olds.
- Emotional disorders have become more common in five to 15 year-olds – going from 4.3% in 1999 and 3.9% in 2004 to 5.8% in 2017. All other types of disorder, such as behavioural, hyperactivity and other less common disorders, have remained similar in prevalence for this age group since 1999

To manage Mental Health Disorders, early intervention is key, to identify issues and provide effective support. The role of any professional working with children and Young People has a duty of care to support and provide good mental health and wellbeing, within the provision of a safe and calm environment. This will promote good mental health and wellbeing of the whole school population, equipping pupils to be resilient so that they can manage the normal stress of life, effectively. This can be achieved through carefully designed programmes and activities fostering wellbeing and mental resilience, hence reducing the 'revolving door' effect.

## WHO WE ARE

### Geeta Pendaer, Director of T-HOP (UK) LTD



A strong, dedicated, committed professional, author and life coach with excellent engagement skills. Have a proven track record in excess of 25 years, of working with children and families within the schools, community, young offenders and social services arena, in the capacity of an Artiste (Music and Dance), Family Group Conference Coordinator, Mediator. Also served on the Board of the Luton Carnival Arts Development Trust, now called the UK National Centre for Carnival Arts in the capacity of an Executive Director. My experience, training and life skills lends itself to a stellar provision of a wide range of mediation and wellbeing services in my repertoire.

As a Looked After Child in the 1970's, due to the subjection of many types of abuse, neglect and rejection. I feel I have a full understanding of a child growing up through turmoil, having to deal with the issues around mental health and the instability of the 'self.' However, on reflection, my journey through life, the careers around work to help others, globally and the acquisition of training and skills to promote delivery of my services through my journey, within schools, community and social services, were all a part of my own healing process. In addition to the above, I travelled extensively through my passion for dance, performed on international stages, learnt about many cultures, worked as a volunteer in India in helping girls of the less fortunate community, get married and build their lives, supported polio and eye operation patients from surgery through their healing journey to discharge. This enlightening experience set me on my spiritual journey on a Sikh pilgrimage, where I travelled throughout India, healing in the process.

As an independent woman, my training to 'heal the self, along with my life experience and journey has been an incredible one. It has taken me full circle to accept all the challenges, the pain and trauma, to make peace, forgive and move on in the present moment. Working and engaging with the best teachers in life; children and people, has strengthened my practice and resilience. This has enabled me to design a robust tool kit to help heal the inner child, promote mental resilience and wellbeing, which is all delivered through my 2Justbe Programmes.

## WHAT WE DO

**2Justbe© Programmes** - are a unique holistic blend of progressive practice programmes that help to promote mental resilience, good mental health and wellbeing. The full list of programmes include:

### 2Justbe Mindful©

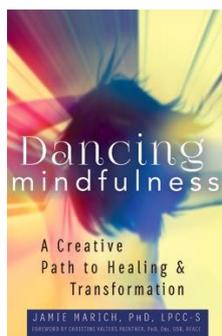


Using the fundamentals of the ancient practice of Mindfulness of 'noticing' without judgement. Our programmes offer age appropriate sessions for the mental state to focus and achieve one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, with a holistic approach. To promote calm, stillness and self-management of wellbeing and mental resilience through:

- Guided Meditation using NLP Techniques (Neuro Linguistic Programming), empowering individuals with appropriate coping strategies and mechanisms to manage triggers
- Weekly sessions run for 15 minutes up to hour sessions
- Suitable for all ages (our Funkie Munkie character is available to engage young children)
- One to one sessions or group work

*"You can't stop the waves, but you can learn to surf." - Jon Kabat-Zinn*

## 2Just Dance<sup>©</sup>



Dancing Mindfulness uses the fundamentals of the ancient practice of Mindfulness of noticing without judgment. By using the artform of dance as the primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit and fusion, with a respect to the attitudes of mindfulness the individuals tap into their body's own healing resources, cultivating their own unique creativity on their path to mental resilience and wellbeing.

2Just DANCE<sup>©</sup> offers a unique programme combining the Dancing Mindfulness practice; delivered by the first officially trained Dancing Mindfulness Facilitator in the UK and Neuro Linguistic Programming (NLP). Using this unique practice as a form of expressive arts therapy, the age appropriate programme is carefully designed to help individuals become aware of the present moment. This is achieved by using a carefully chosen playlist of songs that will resonate with the individuals, as they are guided through the process; leaving them empowered in self-expression, to feel, accept and manage their feelings and/or anxieties in their own space, at their own pace. This expressive arts therapy promotes good mental health and wellbeing through:

- Guided Meditation using NLP Techniques (Neuro Linguistic Programming), empowering individual with appropriate coping strategies and mechanisms in place to help manage triggers
- Weekly one-hour sessions
- No dance experience required
- Suitable for all ages (our Funkie Munkie character is available to engage young children)
- One to one or group work of up to 20 people, subject to appropriate space to accommodate expressive movement
- Trained Facilitator in Dancing Mindfulness – Expressive Arts Therapy - Module 1. Trained by the founder, Dr Jamie Marich

*“Dance is the hidden language of the soul” - Martha Graham*



NLP or Neuro Linguistic Programming is an incredibly powerful approach to communication and personal development. Using the four pillars that underpin the NLP techniques, gives the individuals greater control over their ability to be at their, best more often. Hence empowering them with the ability to effectively manage their thoughts and feelings within their environment, promoting mental resilience and a sense of wellbeing.

2Justbe U<sup>©</sup> programmes combine NLP techniques with Mindfulness Practice, which helps individuals overcome their anxieties, frustrations and any other form of trauma through Hypnosis and Anchoring techniques using the sense of hearing (Auditory) and smell (Olfactory). Individuals are guided through carefully to help them to help themselves to reduce and/or eliminate their concerns, empowering them with their own coping strategies and mechanisms to manage any triggers.

- Duration one hour - One to one sessions
- Age restrictions may apply, dependant on individual's ability to understand instructions and guidance clearly.
- Trained and Qualified NLP Practitioner, trained by co-founder, Dr Richard Bandler

*"Self-discipline begins with mastery of your thoughts, if you don't control what you think, you can't control what you do"*

## 2Just Heal<sup>©</sup>



The ancient practice of Reiki (Usui Shiki Ryoho Reiki) which means Universal Energy is used to balance the 7 chakras.

The practice of Reiki, derived from two Japanese words: rei (universal) and ki (life energy); is the spiritual teachings of Mikao Usui in Japan during the early 20th century. Usui's teachings included meditative techniques and healing practices which are used within our programme to promote wellness, spiritual growth and frees the mind of toxic clutter.

2Just HEAL<sup>©</sup> uses the traditional method of Reiki, with practitioner and client, also as guided meditation through our Chakra Dance Programme to balance the chakras.

Individuals are made aware of the energy flow within the body and the importance of balance in daily life, leading to a healthy mind, body and soul. This is achieved through

- Traditional method of Reiki or guided meditation using our Chakra Dance Programme using meditation and dance
- 1 hour sessions
- Suitable for all ages
- Certified Attuned - Reiki I & II

*"Be the energy you want others to absorb" -AD Posey*

# Resources

## My Heart Matters<sup>©</sup>Book - (£6.99)



This book is an effective tool to help the individuals to express their feelings through the book of carefully compiled questions in poem form using favourite nursery rhymes as a mnemonic device, to reach the inner child. The books are age appropriate and have been used on children and young people from age 7 upwards through to adults. They are a great tool for the individual that measures their journey as their personal KPI (Key Performance Indicator) with a restorative approach. The individual gets a visual of their journey, and is guided through page by page, using the appropriate 2Justbe Programme to support, guide and empower the individual to 'own' their own coping strategy and mechanism to manage any triggers or trauma, promoting wellbeing and mental resilience. Training courses on the effective use of the books are available for professionals, parents, carers, clinicians. Please visit: [www.2justbe.com](http://www.2justbe.com)

## My Heart Matters<sup>©</sup>Locket - (£25.00)



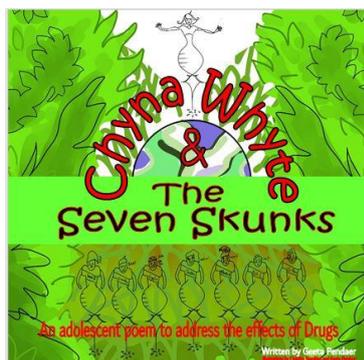
This little locket, complete with perfume or essential oils is one of the tools used in the NLP techniques to 'positively' anchor individuals using the sense of smell (Olfactory Anchors). This technique is a great way to help individuals manage triggers that cause anxiety, e.g. fear of flying, exams, speaking publicly. It can be worn or carried in the pouch provided and can be used once the appropriate NLP Technique has been applied. This technique can be used on ages from 7yrs upwards.

## The 'Other' Book of Nursery Rhymes<sup>©</sup> - (£6.99)



This book is a great tool to help children cope with their feelings around Drug and Alcohol Abuse. This is an effective resource to help individuals with coping strategies, who have been affected by drug and/or alcohol abuse. The book is written in poem form to help individuals express and understand their feelings. It is used with the appropriate 2Justbe Programmes. The books are age appropriate and have been used on children and young people from age 7 upwards through to adults. They are a great tool for the individual that measures their journey as their personal KPI (Key Performance Indicator) with a restorative approach. The individual gets a visual of their journey, and is guided through page by page, using the appropriate 2Justbe Programme to support, guide and empower individual to 'own' their own coping strategy and mechanism to manage any triggers or trauma, promoting wellbeing and mental resilience. Training courses on the effective use of the books are available for professionals, parents, carers, clinicians. Please visit: [www.2justbe.com](http://www.2justbe.com)

## Chyna Whyte and The Seven Skunks<sup>©</sup> - (£12.99)



A brilliant book for reluctant young readers, using a poem to attract adolescents, using the tune of a well-known nursery rhyme as a mnemonic device. This book draws the reader into the poem which tells a story of the effects of drugs both for the user and dealer. This is an excellent resource as intervention with a restorative approach, for working with young people who are affected by drugs, both directly or indirectly containing accumulative verses that describe the creation, dissemination and destructive effects caused by Heroin and Cocaine, hence destroying communities. This book is a great training tool for schools, local authorities and professionals working with young people. Training courses on the effective use of the books are available for professionals, parents, carers, clinicians. Please visit: [www.2justbe.com](http://www.2justbe.com)

*"When the student is ready, The Teacher will appear" – Buddhist Quote*

## WHO IS IT FOR...?

These programmes are suitable for the following:

- Children and Young people from age 7 years upwards, offering one to one sessions and group work up to a class of 30 children and or young people. Please note additional staff support will be required with the provision of a safe and appropriate space.
- A provision of one to one sessions and group work up to 20 people, for Staff and parents.
- CPD Accredited Training courses available to use resources and techniques effectively for staff members and parents.

All training is delivered by qualified trainers that hold a current DBS, Public Liability (£5m) and Personal Indemnity (£2m) Insurance.

All certificates available upon request.

**For more information, please contact:**

**Geeta Pendaer – Director/Founder**

**T: 01582 349101 / 07492 113012**

**E: [info@2justbe.com](mailto:info@2justbe.com)**

**W: [www.2justbe.com](http://www.2justbe.com)**



“When the student  
is ready the teacher will appear.  
When the student is truly ready...  
The teacher will Disappear.”

— Tao Te Ching

Surrender to what is.  
Let go of what was.  
Have faith in  
what will be...

“In today’s rush, we all think too much —  
seek too much —  
want too much —  
and forget about the joy of just being.”

~Eckhart Tolle

“When ‘I’ is  
replaced with ‘we’  
Then illness  
becomes wellness”

‘I  
AM  
ENOUGH..’

**Justbe**®

Pause • Reflect • Breathe



T: 01582 349101

M: 07492 113012

E: [info@2justbe.com](mailto:info@2justbe.com)

