

# Landmark events put positive relationships on the agenda for boys

Submitted by: Chatterbox Communications

Wednesday, 18 September 2019

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Positive relationships and the emotional and social wellbeing of boys and young men are the focus of two landmark events taking place in Wales in November.

Rethinking stereotypes and redefining respect are the aims of two conferences organised by Positive Vibes International. Groups and individuals from all sectors, including education, are invited to attend the events in Newport, which will focus on improving emotional health and wellbeing for all. The aim is to help create an agenda of positivity and inclusivity by sharing knowledge and best practice and exploring new perspectives.

The first conference, called Make the Difference: Redefining Respectful Relationships, takes place on November 5 in Newport's Lysaught Institute. It aims to challenge unhealthy and toxic behaviours that impact on a person's social and emotional health, with delegates working together to explore new ways of building equality and inclusivity, reducing bullying, embracing diversity and challenging stereotypes.

The second event is Wales' first annual conference celebrating International Men's Day on November 19. Taking place in Newport's Christchurch Centre, this landmark conference is called 'Making the Difference: Rethinking How We Work with Boys' and aims to ensure all young men have a positive and healthy future.

The event, which will work to rewrite statistics around male suicide, academic achievements and imprisonment rates, has attracted renowned speakers Daniel Sobel, Mike Armiger and John Sheppard. Daniel Sobel is the founder and CEO of Inclusion Expert, which provides resources and training to schools to help transform pupil outcomes. Michael Armiger is an advisor and trainer specialising in education, mental health, suicide prevention and fostering, while John Sheppard created the Resilience Doughnut model used worldwide to build emotional resilience and wellbeing.

Shan Jones, who founded Positive Vibes International with Rachel Beddoe, said: "We're excited to be holding these two events that will put respect and equality firmly on the agenda. Our young people are facing enormous challenges and pressure to behave in a certain way. Our focus is to create pathways to help them navigate these challenges and achieve success in positive, healthy ways.

Rachel Beddoe, author of *Surviving Girlhood*, said "Our boys and young men in particular are often uncertain of how to behave, with macho and outdated attitudes prevalent in their culture, and are at risk of experiencing mental health issues and suicidal thoughts, as well as committing crimes. We are delighted to have keynote speakers of the calibre of Daniel, Mike and John, and look forward to idea-sharing sessions that will hopefully prove a launch pad for many future projects."

Founded in 2018, Positive Vibes International works across education, business and industry to support emotional health and wellbeing. Their work includes delivering training for CSC Joint Education

Consortium, as well as receiving People's Lottery funding to work with The Parent Network and recently facilitating an empowerment day for women with Families First.

Tickets for both events cost £190 and lunch is provided. Tickets can be bought on Eventbrite, and more details can also be found at [Facebook.com/positivevibesint](https://www.facebook.com/positivevibesint) and [Twitter.com/PositiveVibes11](https://www.twitter.com/PositiveVibes11)

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Notes to editors:

Positive Vibes International was established by Shan Jones and Rachel Beddoe from a place of frustration that wellbeing and positive thinking is not high enough on the agenda within education and training.

Both with careers in education, Shan and Rachel had known each other professionally for years and are delighted to be combining their skills and experience in an exciting, fresh organisation.

Positive Vibes International is based at the award-winning Welsh ICE in Caerphilly, a collaborative business hub renowned for innovation and success.

For more information, to interview Rachel or Shan or to enquire about a press pass for the events, please email [chat@chatterboxcomms.co.uk](mailto:chat@chatterboxcomms.co.uk) or call 029 2167 9090.