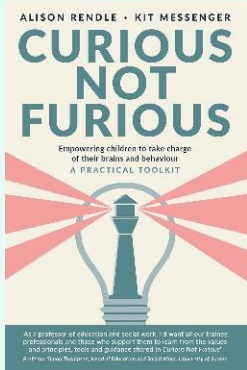




Kit Messenger

Kit is a former headteacher with over 30 years' experience working with children and young people. She is the co-author of *Curious Not Furious* and the founder and CEO of Changing Chances CIC. www.changingchances.co.uk



Changing Chances is a not-for-profit organisation on a mission to move the world away from traditional behaviourist approaches and towards ones grounded in what we now understand about the brain — approaches that are neuroinclusive and enable all children to feel great, do well, and become confident self-advocates with a strong sense of self-responsibility.

Changing Chances CIC provides training for professionals across schools, colleges, wider educational settings, youth justice, social care, and health, as well as courses for foster carers, kinship carers, adoptive and birth parents, and guardians. Their flagship programme, **The Empowerment Approach**[®], weaves together neurobiology, psychology, education, and coaching to equip young people—and the adults around them—with a deep understanding of the brain and the tools they need to feel better and do better.

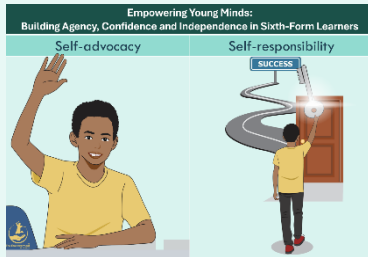
The organisation works with a wide range of Local Authorities and is a partner of Sussex Police, delivering Strength-Based Cognitive Assessment and family coaching.

Alongside her leadership at Changing Chances, Kit is also a tutor and lecturer at the University of Sussex.



KEYNOTE
PRESENTATION

Proposed Keynote Summary



Empowering Young Minds: Building Agency, Confidence and Independence in Sixth-Form Learners

The increased recognition of neurodifference and mental health needs in young people is a hugely positive step. However, this growing awareness has not always been matched with the practical tools students need to manage these challenges successfully. As a result, many young adults are experiencing a reduced sense of agency, feeling overwhelmed and waiting for others to “fix” their difficulties rather than developing the confidence and capacity to navigate them independently.

In this keynote, Kit will share a practical and evidence-informed approach to reversing this trend, demonstrating how staff can support young people to understand their own brains and develop the tools, strategies and self-belief they need to thrive. The session will focus on helping students become effective self-advocates, build genuine self-responsibility and develop the independence required to meet the social and academic demands of sixth-form life.

Attendees will leave with actionable insights and practical strategies they can apply immediately within their college setting to better support all students — particularly those struggling with the increasing demands of sixth-form education.