

Awaking Purpose for **Working** Parents and the AI Generation

Corporate Masterclasses for real purpose,
real direction, and real connection at work.



The invisible drain on performance

Your workplace is built on people. But right now, your people are carrying an invisible drain on their performance.

Up to 40% of your workforce is quietly burning out. Your working parents, the backbone of your senior talent, are arriving at their desks drained, carrying the heavy, unspoken anxiety of raising teenagers through a modern mental health crisis. Meanwhile, your newest generation of graduates and interns are sitting across from their screens, terrified that AI will make them obsolete before they've even begun, wrestling with acute loneliness and a desperate hunger for real direction.

When your people lack purpose at home and clarity in their careers, your business feels it. But because these struggles feel heavy and stigmatised, everybody stays silent.

It is time to change the conversation.



A human-first solution

Unapologetic You Coaching believes that real, lasting corporate resilience only happens when we stop pretending everything is fine. I step past the corporate politeness to give your teams permission to speak the truth about what they are facing. I help them rediscover their own internal spark, align with what truly drives them, and build the deeply human soft skills that AI can never replace.

I don't just offer standard training; I deliver a vital lifeline that protects your bottom line and transforms your culture.

£8 Billion Lost:

The staggering annual cost to UK business from lost productivity and burnout driven by unaddressed family mental health challenges.

425% ROI:

The proven return on investment when organisations proactively support working families and human-centered purpose.

1 in 5 Children:

The reality facing UK parents at home, navigating youth mental health struggles with very little external support.

38% of Gen Z:

Your newest hires experiencing workplace loneliness, desperate for offline connection and often genuine sense of purpose.



Track 1: Parenting for Purpose

This workshop is, first and foremost, a safe space to exhale.

We start by calming the intense, unspoken anxieties parents carry about teen mental health, giving them the room to finally talk about it. From there, we build a practical, empathetic roadmap to help them guide their children through an uncertain world.

The Safe Space & The Parent's Purpose:

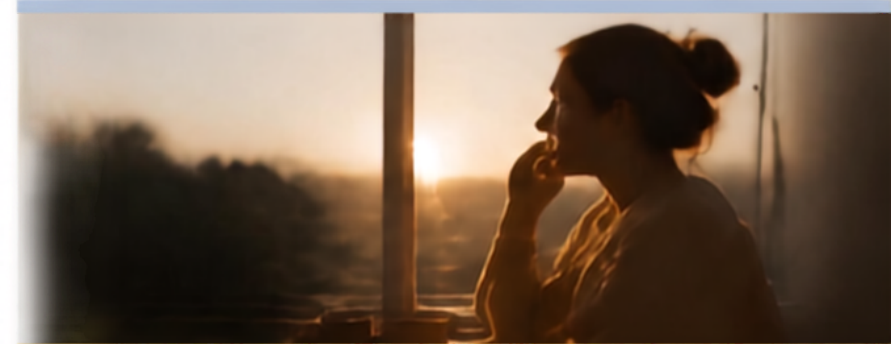
You can't talk to your teenager about purpose if you don't know your own. Parents will be asked to reconnect with what actually drives them, giving them the foundation to lead by example.

The Art of True Listening:

The biggest crisis at home isn't just technology; it's teenagers feeling unheard. We equip parents with the vocabulary to open difficult conversations and the tools to truly listen, becoming the safe harbour their child actually wants to open up to.

Future-Proofing for the AI Era:

We break down the exact soft skills this generation desperately needs to survive and thrive alongside AI and how parents can actively help build those irreplaceable human skills at home.



Track 2: The Early Career Launchpad

Too often, young talent enters the corporate world and waits to be told who they are supposed to be. This workshop changes that. We replace the dread of fitting in with the excitement of standing out.

FOUNDATION BUILDING

Equip early career professionals with clarity, confidence, and the tools to navigate their first chapter with purpose.

IDENTITY & IMPACT

Encourage young professionals to define their strengths, own their voice, and add value authentically from day one.

SOFT SKILLS THAT WILL OUTLAST AI

Break down the exact soft skills this generation desperately needs to survive and thrive alongside AI.



Workshop Formats & Investment

Format	Best For	Inclusions	Investment
90-Minute Masterclass	Lunch & Learns, company-wide virtual events.	High-impact mindset shifts, live Q&A, and digital action guides.	↑ Enquire for latest pricing ↓
2.5-Hour Workshop	Team offsites, graduate intakes, leadership groups.	Deep value-mapping exercises, role-play coaching, and takeaway toolkit.	
Half-Day Immersion	Executive retreats, intensive onboarding, culture resets.	Fully bespoke in-person facilitation, peer-to-peer coaching circles, and printed workbooks.	

Get in touch

for more information

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Grounded **Parents**. Purposeful **Youth**. Resilient **Workplaces**.

