



LOUISE LYONS-APPIAH

Equity & Mental Health Advocate

A dynamic 22-year-old co-founder of BreatheUnion, Louise is a passionate advocate for mental health, personal development, and equality.

Her personal journey is a testament to her resilience in overcoming imposter syndrome, racial trauma, and gender inequality. Louise's relatable and enthusiastic approach to facilitation and public speaking inspires individuals to embrace resilience, challenge societal expectations, and fearlessly drive positive change.



CLICK HERE & BOOK ME TODAY

SESSIONS Focus On:

- ✓ Identity & Tackling Racism
- ✓ Establishing Values & Purpose
- ✓ Conquering Imposter Syndrome

AVAILABLE FOR:

- ✓ Secondary Schools
- ✓ Southern Schools



Learn More About The Movement