

# JEREMY LYONS

## Neurodiversity & Wellbeing Speaker

Jeremy co-founded a student-led initiative named 'BreatheUnion' with his sister and fellow youth board member, in which they developed a programme focused on peer support groups and personal development programmes for students.

Now a community facilitator, coach-mentor, independent HR consultant and trainer, Jeremy aims to inspire young people to prioritise their mental health and break down barriers. The variety of experiences working with different communities has enabled him to engage young people from a range of social and cultural backgrounds.



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