

TANYA MATZWAHA

Cultural Inclusion & Wellbeing Speaker

Tanya uses her lived experience as a young, disabled South Asian female who has lived with Depression, Anxiety and Chronic Illness since the age of 12, to educate young people about intersectionality, mental health, disability, racism, culture, religion and the relationship between these themes.

Tanya vulnerably shares her story which is often relatable to many young people, helping them feel seen and heard, as well as empowering them to feel confident about cultural inclusion and wellbeing.



CLICK HERE & BOOK
ME TODAY

SESSIONS FOCUS ON:

- ✓ Mental Health & Wellbeing
- ✓ Culture, Beliefs & Inclusion
- ✓ Fighting Discrimination & Stereotypes

AVAILABLE FOR:

- ✓ Secondary Schools
- ✓ Southern Schools



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About The
Movement