

MUHAMMED 'ABZ' ABBY

Neurodiversity Speaker

Abz is a Mental Health advocate who uses his personal experience and struggles with ADHD, Autism, Bipolar, and Anxiety to raise awareness and encourage young people to be their best and authentic self.

Abz won The Highly Commended Most Promising Young Person (Rising Star Award) at The Manchester Young Talent Awards in 2021, The UA92 Greatness Unlocked Award in 2022 for his impact on the university, as well as being a Mental Health public speaker, and One Young World Ambassador.z



SESSIONS FOCUS ON:

- ✓ Neurodiversity & Mental Health
- ✓ The Importance of Equality
- ✓ Unlocking Your Potential

AVAILABLE FOR:

- ✓ Primary & Secondary
- ✓ Northern Schools



Watch Me
in Action