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WELCOME

Hi. I'm Luke, the founder of Luke Rees Inspires.

I'm 23 years old and I have grown up facing challenges and adversity all of my life, living with mental health challenges and in particular anxiety and depression, was the never the recipe for success.

As a young person, I fell into the trap of believing that my future was written for me. I'd leave school and end up like everyone else in my area with little to no aspiration and belief to unlock my own potential. However,



I'm just one story. There are millions of young people out there who feel the same.

But that's not good enough and that's why Luke Rees Inspires exists.

To inspire a generation of people to believe in themselves to unlock their own potential.

On our own, you can only do so much, but together we can achieve anything.

Hees Hees

Luke Rees

Multi Award Winning Motivational Speaker & Founder of Luke Rees Inspires

GROWING UP WITH ANXIETY AND DEPRESSION **LEFT SCHOOL WITH 4 GCSEs** DISCOVERED HIS PASSION FOR HELPING OTHERS GOT HIS HEALTH AND WELLBEING BACK ON TRACK **GRADUATED UNIVERSITY WITH A FIRST CLASS HONOURS DEGREE** FOUNDED LUKE REES INSPIRES **OU**RSELF INSPIRING PEOPLE ALL OVER THE WORLD TO BELIEVE IN YOURSELVES **LUKES JOURNEY**



ABOUT LUKE

Luke Rees is an inspirational 23-year-old who turned his life around from a disengaged school student to a Multi-Award Winning Motivational Speaker.

He has gone on to become an extremely well known motivational speaker who can inspire and motivate people to do things, which they may never have thought they could do. His contagious energy and passion inspires an audience and encourages people to make the most out of their lives.

Luke's troubled past makes him the perfect advocate for education. His story of repeated failure in school, a diagnosis of depression and low self-worth, is one that resonates with students today. Despite growing up with depression and anxiety, and leaving school with only four GSCS'. Luke used the power of helping others to change his life and used his setbacks as a platform for his comeback and has recently graduated with a First Class Honours Degree.

The powerful stories of his own experiences and those around him ignite behavioural change. In recent years Luke has inspired over 100,000 young people and has spoken at a large number of schools and events and now works with some of the biggest businesses and organisations all over the UK and Europe.

MISSION

INSPIRE A GENERATION OF PEOPLE TO BELIEVE IN THEMSELEVES TO UNLOCK THEIR OWN POTENTIAL.



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IMPACT

THROUGH THE DELIVERY OF MOTIVATIONAL TALKS AND PROGRAMS, LUKE INSPIRES PEOPLE TO BECOME MORE CREATIVE, ASPIRATIONAL, RESILIENT AND EMPATHETIC.

REACH

IN 2019 LUKE REACHED MORE THAN 40,000 PEOPLE FROM 50 DIFFERENT SCHOOLS AND ORGANISATIONS ACROSS THE UK.



SERVICES

Lukes wide range of services ensures that there is something for everyone and caters for all needs, requirements and audiences. Inspiring a wide range of people from primary school children to staff members.

If you're looking for a speaker that has turned their life around and ensures a path to success and happiness, then Luke is for you. He will leave your audience entertained, motivated and begging for more.

However, if you're looking for something thats not advertised then please do get in touch and Luke will do his best to cater for your specific audience.



PRIMARY SCHOOL

- I am amazing
- Wellbeing
- Future Leaders



SECONDARY SCHOOL

- Believe in yourself
- Wellbeing
- Leadership



UNIVERSITY

- Believe in yourself
- Wellbeing
- Welcome



STAFF AND PARENTS

- Believe in yourself
- Wellbeing
- Workshops



PROGRAMS

- Believe in you
- Take the lead



AWARD EVENINGS

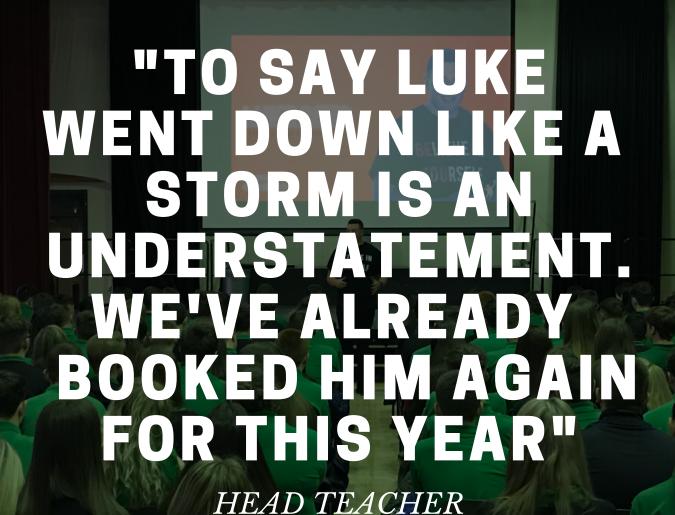


WATCH LUKE HERE

Use your smart phone camera to scan the QR Code to see why Luke is rated as one of the best Motivational School Speakers in the UK







PENCOED COMPREHENSIVE

SERVICES PRIMARY SCHOOL

Primary school talks are a perfect way to entertain, inspire and prepare young peoples' minds for the school year ahead.

Lukes incredible story is very much relatable to primary school children as he carefully changes big words and replace them with lashings of common sense, activities and fun.

Luke offers a range of different assemblies, workshops or half and full day sessions. They can be tailored to meet particular needs so the best place to start is to talk to Luke. If it is clear what you want to achieve, he's pretty sure he can plan something unforgettable.



I AM AMAZING ASSEMBLY

In Luke's Primary School talks, he shares a shortened version of his story that focuses on his experience of bullying and happiness whilst being in primary school. The key to his incredibly inspiring talks is his engaged throughout the story. Getting the young people involved and active throughout the talk with his laid-back approach makes a unique and motivational experience for your learners.

During the assembly Luke will cover the following topics: How to be believe in yourself, growth mindset, being your best self and being kind to others.

BELIEVE IN YOU PROGRAM

The Believe In You program is a fun and engaging leadership program delivered at your school for primary students in years 5 & 6.

It can be delivered either as a 4 week program or as a full day experience.

The program is delivered over a 4 week period that consists of 4×1 hour workshops. Ideal group size is between 15 - 30 and sessions include a combination of the workshops stated below.



"Lukes assembly and workshop was perfectly suited to our young learners and seeing them all on their feet with the biggest smiles on their facers shouting 'I AM AMAZING will be something that we'll all remember forever."

YORKE MEAD PRIMARY SCHOOL

WELLBEING WORKSHOP

The wellbeing workshop is perfect for learners aged between 7 and 11. Discussing wellbeing with people at a young age is something that many of us struggle with. However, Luke's wellbeing workshop is brilliantly led and is delivered in a fun and engaging way through using a range of practical activities and 'emoji' based activities that make it relatable to the learners.

The workshop theme is learning about different feelings we have and how it may affect us and the people around us. The session concludes by looking at how young people can on deal with the feelings they have and discovering who can help us when we feel a certain way.

FUTURE LEADERS WORKSHOP

The Future Leaders' workshop is ideal for young people who have the potential to become great leaders within their school and community. The session focuses on developing fundamental leadership skills through fun and engaging practical activities that allow the learners to discover their own potential.

The workshop allows young people to get creative and think about how they can make a change in their school and communities. It encourages them to discuss topics they are passionate about and use their newly developed skills to have the confidence to take action.

SERVICES 10

SERVICES SECONDARY SCHOOL

Luke is an inspirational young person who turned his life around from a disengaged school student to an influential young leader.

He has the ability to inspire and motivate people to do things, which they may never have thought they could do. His contagious energy and passion inspires an audience and encourages people to make the most out of their lives. The powerful stories of his own experiences and those around him ignite behavioural change in the process.

Lukes troubled past makes him the perfect advocate for education. His story of repeated failure in school, a diagnosis of depression and low self-worth, is one that resonates with students today.



BELIEVE IN YOURSELF KEYNOTE

Lukes believe in yourself keynote is his most popular talk that he delivers.

During this talk, Lukes shares his brilliant story with your audience but uses each life lesson to demonstrate what he learned from each lesson but most importantly focuses on your young people and how they can help themselves to make the changes in their life.

This talk is best delivered with full-year groups throughout a day. It includes a range of activities that completely engages the audience and gets them to think about the challenges they are facing in their lives in a completely different way.

Not only did Luke overcome the challenges of his past, but after leaving school with only 4 GCSEs he went on to graduate university with a first class honours degree. In addition to his educational success, Luke now works with businesses all over the UK and Europe.

During Luke's school talks he shares his downfall in life and rise to success. This serves as proof to students that NOTHING is impossible if you're willing to put in the work. Luke has an uncanny way of connecting with the students in a real and relevant way. His objective is for the students to recognise the power of education so that they can believe in themselves and create a future self they can be proud of.



"The feedback we have had from students regarding Luke has been extraordinary.
In fact the very best we've ever had for a speaker. It speaks volumes about Luke and not just as a speaker but as a role model for young people."

BALCARRAS ACADEMY

WELLBEING TALK

The wellbeing talk can either be delivered as a large talk or works best as a workshop with a smaller amount of learners.

Many young people are often too shy and afraid to talk about their own wellbeing. However, Luke's wellbeing workshop is brilliantly led and is delivered in a fun and engaging way through using a range of practical activities.

The session is focused on learning about how the mind works and how your students can take control and action against how they're feeling.

LEADERSHIP TALK

The leadership talk can either be delivered as a large talk or works best as a workshop with a smaller amount of learners.

Lukes youth leadership talk or workshop is proven in helping emerging leaders and young people unlock their leadership potential.

He combines expertise on leadership and confidence tools with real authentic experience of youth engagement.

This helps him to create inspirational, highimpact and tangible training that positions young people for success.

SERVICES 12

SERVICES PROGRAMS

If you're looking for a unique learning experience that empowers your young people to believe in themselves to unlock their own potential, then look no further.

Lukes uplifting and educational experiences is perfect for all types of students. Whether they're disengaged, more able and talented or specific groups of young people. His young people programs help students build confidence, self belief and aspirations whilst most importantly having fun.

Each program can be delivered over a 6 week period or as a full day program. All programs are made up of six, one hour sessions that engage, inspire and get your students to believe in the difference they can make.

Luke uses a wide range of stories and practical activities that offers something for everyone and allows your students to connect and learn about themselves in a unique way.

Each participant who completes the six-week program will have raised their aspirations and developed skills they never knew they had before.



Luke understands that all schools have different budgets. That's why Luke has a number of different program packages available that offers something for everyone.

PROGRAM PACKAGE BREAKDOWN

Includes	Premium	Gold	Standard
Consultation Call prior	√	√	√
to program	_		
Program Materials	✓	✓	✓
Graduation Certificate	✓	✓	V
6-week program delivery	✓	√	✓
Post program report	✓	√	
Access to free material	√	√	
online			
Teachers and Parents	√	√	
guide post program	· ·		
Check in call after	✓	\	
program			
Follow up session with	✓		
learners			
Believe in Yourself Gift	✓		
for all learners			
1-hour session with	./		
teachers	v		
School Awards Evening	√		
Speech	•		

If you would like to offer your students this once in a lifetime opportunity then please get in touch.



PROGRAMS BELIEVE IN YOU

INSPIRING YOUNG PEOPLE TO BE THE BEST THEY CAN BE

The Believe In You program empowers young people in your school to become the best they can be.

Young people all over the world are currently growing up in difficult circumstances with mental health programs on the rise. This program is an opportunity for some of your students to be given a second chance. Although nobody can go back and make a brand new start, anyone can participate in this program and make a brand new ending.

The program is a personal development opportunity for young people, designed to create consistent and long term results. During this program the young people will participate in a number of practical activities that enable them to learn about themselves and others around them. Whilst focusing on the future and life ahead of the young people the program will develop creative, aspirational, resilient and empathetic young people.

This program will:

- Raise the aspirations of your learners.
- Provide the learners with the skills and information for them to turn their lives around.
- Develop confident, resilient and aspirational young people.
- Understand where they want to go in life and how they are going to get there.
- Improve the young peoples mental and physical wellbeing.

PROGRAMS TAKE THE LEAD

EMPOWERING INSPIRING LEADERS IN YOUR SCHOOL

The Take the Lead program empowers young people in your school to become inspiring leaders.

Through a series of team based activities that build strong relationships and positive group dynamic, students will explore the fundamentals of leadership and how they can be used to maximise their school experience. Therefore developing confident, resilient, positive leaders in your school.

Students will recognise that every leader has their own unique passions, strengths and abilities; and has discovered a way to use them to create a positive difference in the world.

Students will be inspired to step out of their comfort zone, aim high and confidently embark on their own leadership journey.

This program will:

- Develop positive group dynamic through a series of team based activities that challenge students to work together.
- Encourage students to reflect on their personal strengths and gain confidence in their ability to lead.
- Challenge students to create a legacy by positively influencing others.
- Explore the importance of setting goals and identify the keys to achieving them.
- Empower students to lead themselves and take responsibility for their own choices and action.

SERVICES UNIVERSITY

University was a time in Lukes life where he forgave the past and focused on the future and the potential he had.

At University everyone feels overwhelmed from time to time. Life can throw up some stressful events, and these can lead to us feeling stressed, worried, and like it's all too much to handle.

Luke shares his personal story and relatable experiences to allow students to find success in the choices they make. Filled with motivation, self help strategies and hints and tips, Luke is the perfect speaker to help your students unlock their own potential.



WEI COME TALK

Welcome talks are the perfect way to inspire your freshers to believe in themselves to unlock their own potential.

As your new students start their university journey many of them will be feeling excited but nervous at what lays ahead of them. These same feelings Luke had when he started University back in 2015.

Lukes welcome talk turn nerves into motivational and excitement into action as they set themselves up for success with this new opportunity they have in front of them.

UNIVERSITY OUTREACH & PARTNERSHIPS

Through Lukes work with university outreach and partnership programs, Luke is able connect and inspire with your audience in a way that words can't describe.

Lukes troubled childhood and low aspirations makes him the perfect advocate for young people showing them they can achieve anything if they set their mind to it.

Luke never believed that someone like him from his area could ever go to University. But when Luke realised that his future wasn't written for him, it's written by him, he went onto graduating with a first class honours degree.



"We have been working closely with Luke over the past 12 months and he has had an amazing impact with the young people and the schools we work with."

GROW GLOUCESTER

MOTIVATIONAL TALK

Lukes university motivational talk is extremely relatable to the students you have at your university many of whom would have had the same experiences Luke has faced.

In this talk, Luke shares how he found University challenging and overwhelming at first. But most importantly focuses on the steps he took to go from almost failing his first year to graduating with a first-class honours degree.

His powerful stories and messages inspires your audience to make the most of their time at university whilst enjoying having fun and enjoying the process.

WELLBEING TALK

Mental health and wellbeing are the biggest threats that affect young people at university. The pressures of uni life can take their toll, so students need to know how to take care of themselves – and who to turn to for extra help

Lukes wellbeing talk is perfect for university students as he breaks the stigma that surrounds the subject by sharing his battle with mental health problems but more importantly focuses on what steps he took to turn his life around when initially his life was filled with despair.

Luke ensures every student leaves feeling confident and inspired to take action to care for themselves.

SERVICES 18

SERVICES EDUCATION STAFF

Luke believes that teachers today are the real heroes and often they are overworked which may cause teachers to unintentionally fall short.

As educators working with venerable young people it can often take it out of us and we can forget to take care of ourselves. If we cannot take care of ourselves then how can you expect your staff to take care of your young people.

Sometimes we chose forget why we choose to work in education in the first place. During this time we are at our most venerable.



MOTIVATIONAL TALK

Lukes multi award winning motivational talk is perfect to inspire your staff to believe in themselves to unlock their own potential.

His talk is extremely engaging and comes from the heart as Luke shares the battles and his darkest days as a young person. But demonstrates how he was able to use his setbacks in life as a platform for his comeback.

Although Luke knows he can't go back and make a brand start, anyone can start now and make a brand new ending.

This motivational talk will leave you staff entertained and begging for more.

Luke's talk is extremely relevant to anybody who works in education and will revive, energise and remind them why they become educators in the first place.

He uses his story and experiences to bring to life the impact that educators can have on young people and reminds the audience that they are one decision away from a totally different life.

If you're looking for a speaker to make a difference and leave a positive legacy in your school then Luke is perfect speaker for you staff.



"I had Luke speak to all of my 400 teachers during a college inset day. Lukes message was so moving and inspirational that there wasn't a dry eye in the room. We're thankful for Luke and the impact he made in our college."

PRINCIPAL OF GOWER COLLEGE

WELLBEING TALK

Luke's wellbeing talk focuses on the importance of looking after yourself. He uses a wide variety of different stories to bring to life the reality of the high quality of wellbeing inside the education system.

It only takes one teacher or even one conversation to completely change a young person life forever. So as educators we need to make sure we are our best version of ourselves mentally, physically and emotionally. Because, if we are not at the top of our game it's the young people who will suffer.

STAFF CPD

Curriculum stuff is cool. It's what schools do best. Inspiration is different. It's what Luke does best!

His workshops for school staff are noted below. They can be tailored to meet particular needs so the best place to start is to talk to us. If Luke clear what it is you want to achieve, then he's sure he can create something that will inspire your staff to make the unachievable, achievable.

Leadership
 Resilience
 Mindset
 Mental health
 Engagement

SERVICES 20

SERVICES AWARD EVENINGS

School Awards Evenings are the perfect way to celebrate and recognise the success stories of your students.

As your guest speaker at your awards ceremony Luke is brilliantly able to set the scene for both your students and guests audience. Sharing his brilliant stories allows your audience to take inspiration from his stories but more importantly, allows you to celebrate your achievements and dream even bigger to unlock your own potential.

Lukes talks demonstrate the fantastic opportunities you are providing your learners and leaves the audience filled with confidence based on the difference the school is making to your learners.

So if you're looking for someone to bring your school awards evening to life then book Luke and make it an event both your students and parents will never forget.



SERVICES PARENTS & GUARDIANS

Parent and Guardian sessions are a perfect way to share Lukes powerful messages further with your students.

During these sessions, Luke is able to share his learnings with their family members. Unfortunately, Luke can't be at young people's homes or at your school every day. So this talk is a great way to involve the wider audience and allows both the young people and their parents to share and emphasis the same message.

So why not get the young peoples parents involved and allow them the opportunity to take motivation from Lukes inspiring story.

Lukes parent and guardian sessions can included:

- Lukes Believe In Yourself Talk
- Young People Wellbeing Talk
- Q and A session



5 REASONS TO BOOK LUKE











THE PROCESS HOW LUKE WORKS

Each of Lukes Inspirational sessions are customised to your school values and vision to ensure Luke can make the unachievable, achievable.

Following this six step process allows both your school and Luke to make the most of the time working together. This is made achievable with pre, during and post event communication to ensure both parties are confident but most importantly allows Luke to make the biggest difference possible.

Luke understands that your main job is focusing on the young people you have in your education system and by following this process it allows you to continue doing your job whilst knowing Lukes delivery is taken care of.



PRE-EVENT

Pre-event call to understand the school themes, values and outcomes that would like to be achieved.



CUSTOMISATION

Each talk is customised and a PDF document is sent to the client to ensure the talk is aligned with your schools values and outcomes.



AGREEMENT

Call to discuss the proposed content and agreement to signed to confirm the booking.

As a speaker Luke perfectly brings to life and reinforces the messages you're sharing with your young people. Using a range of personal stories and life lessons Luke demonstrates the important life lessons you often tell your audience.



Abertillery Comprehensive school

"We were blown away with Lukes delivery as he was able to emphasise our schools key values using his own story meaning our learners was able to relate to him."

Mountain Ash Comprehensive School

"It was clear by the students reaction to Lukes talk that they loved every minute and he's had a major impact on our disengaged learners.









EVENT

Mesmerizing, actionable and life-changing delivery that inspires the audience to achieve the unthinkable.

FEEDBACK

Audience blown away that demonstrates the beginning for a new way of life for your audience.

POST-EVENT

Follow up post event with feedback gathered from the talk and ideas for the future.



TESTIMONIALS WHAT TEACHERS SAY



"After hearing Luke speak at an event in London I just had to bring him to our school. All of the children loved Luke and it has been clear since he came just how big of an impact that he had on both our students and teachers."



YORKE MEAD PRIMARY SCHOOL - TEACHER



"Engaging, thought provoking, energising, fun – a true rollercoaster of emotions and so much to take away from it! Our students were utterly mesmerised throughout the session, and the feedback has been incredible."



WYEDEAN SCOOL - ASSISTANT PRINCIPAL



"We have been fortunate enough to have worked with Luke over the last two years and in all my years of teaching I have never seen a speaker connect so well with a group students in a way that Luke did."



BRIDGEND COLLEGE - PARTNERSHIPS MANAGER

TESTIMONIALS WHAT YOUNG PEOPLE SAY

Hey man, just wanted to say a huge thank you for the leadership talk earlier. I was going to say this in person but you were busy answering questions haha. Your story really inspired me. What you've overcome and achieved at your age is amazing. The talk reaffirmed and taught me a lot. The main thing being to put yourself out there and take every opportunity and not to care what others think or say. Thanks again you're a legend

Thankyou very much for today's talk at Balcarras. I've always struggled with anxiety and it brings me down. You made me feel like there is others going through this and that gave me confidence. Although difficult I am going to try to now and speak to someone and help my issue. Thankyou for the speech it was amazing and I was interesting all the way through.

Bridgend, usually the learning core days in my school are pointless but your motivational talk today was a different level, I chose to come back to your workshop in the 3rd hour and it was the best decision that I've made since being at school, you telling me to stop focusing on my problems and begin focusing on the solutions really hit home so thank you so much

Thanks for you to my school today in

Cheers for the advice today Luke 6 Your a very motivational and I want to thank you for coming to Balcarras and helping all of us . I know for a fact that in that crowd you didn't just help my self-esteem but I everyone else's 🙌

Hi Luke I was a year 10 pupil from totally changed my life as you taught You were great today, thank you for the talk. I have had many problems with mental health in my past, and my go to is music. Recently I did an audition for the voice kids, which i thought I was not good enough. Turns out I got a turn and I'm through several auditions. Your talk today just made me think that I can do things. Thank you very much 👍

Hey Luke I came to your talk today at Pencoed School and I wanted to say how much I appreciated you sharing your story, I often get up every day and keep falling into the same rabbit hole and I always blame others for my mistakes but today you taught me start holding myself responsible for my actions and decisions, as soon as I came home from school today the first thing I did was set a goal and began to challenge myself by revising for 1 hour and now I feel so much better for it, thanks for your advice and helping me realise what how I can change, your a legend

Pencoed School that you spoke at today. I just wanted to message you say how amazing your talk was. I've always struggled and lacked confidence in myself. But today you me the how important it is to believe in myself. Thank you sooo much

thank you for the speech today, it meant a lot to know how i feel someone else completely understands it too. gives me hope for the future. thanks again:)

Cheers for your talk today Luke. I felt really anxious coming to school today you made me feel normal, life everyone else for the first time in months. I know deep down I haven't been working as hard as I could of but I thought that by not trying and putting the work in then I could use that as an excuse if I was to fail. But you taught to me live limitless and start today I'm going to stop limiting myself and start doing by believing in mvself

Hi Luke, I was at the USW Event earlier this evening and I just wanted to say how amazing I thought your talk was. You are so brave to talk so openly about your incredibly inspiring journey. Keep up the amazing work and keep changing lives because you'd definitely changed mine.

Found the talk at Wyedean really motivational it made me think about problems I feel and ways in which I can overcome them. It made me realise that only I'll get myself to my future self and so I have to change the way I think in order to become what I want to be.



WATCH WHAT PEOPLE SAY ABOUT LUKE

Use your smart phone camera to Scan the QR Code to see why Luke is rated as one of the best Motivational School Speakers in the UK



HOW TO BOOK TAKE ACTION TODAY

If you're looking for a speaker that has turned their life around and ensures a path to success and happiness, then Luke is for you. He will leave your audience entertained, motivated and begging for more.

All of Lukes talks and sessions are designed to inspire and empower others to believe in themselves to unlock their own potential.

Luke has a range of talks, keynotes, workshops, half days, full days or any other service you may require. Simply fill in the form below, and Luke will be in touch to see how he can help.

If you're interested in booking Luke then please: Fill out this booking for here. or visit https://www.lukerees.co.uk/book-luke

You can talk to Luke directly at:

TALK TO LUKE



07858719618



Iukenrees@me.com



www.lukerees.co.uk



Watch why you need to bring Luke to your school here

Use your smart phone camera to scan the QR Code to see why Luke is rated as one of the best Motivational School Speakers in the UK





"HELPING YOU GO FROM WHERE YOU ARE NOW TO WHERE YOU WANT TO BE"

LUKE REES

TALK TO LUKE



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GET IN TOUCH







