

Emma Swan



After years as a specialist worker in domestic and sexual violence support roles, Emma founded Thrive Safe to enhance safeguarding and support for people with lived experiences of mental health challenges and trauma.

She collaborates with workplaces, organisations, and educational institutions to create environments where staff are confident and individuals can thrive.

Safeguarding & RSE Support

We know your roles as educators are demanding.

Let's work together to build staff confidence and safer cultures for your staff and students.

- ✓ Professional expertise
- ✓ Lived experience guidance
- ✓ Open discussions
- ✓ Case study exploration
- ✓ Post-session resources

Topics include:

- Domestic abuse
- Sexual violence
- Grooming
- Signs and impacts
- Healthy relationships
- Lived experience insights
- Guidance for safer culture
- Practical tips in response

Jeremy Indika

Jeremy Indika is lived experience speaker, founder of the Something to Say and has dedicated his life to opening a conversation on childhood sexual abuse.

In an attempt to be as creative as he can with getting this subject onto everyone's table, he has amassed a large following online and produced award winning films.



 thrivesafe.co.uk  jeremyindika.com

 Contact us via info@thrivesafe.co.uk to book your workshop!