

A photograph of Paris Bartholomew, a Black woman with a shaved head, wearing a black and white striped top and several colorful beaded necklaces. She is looking down and to the right with a slight smile. The background is a plain, light-colored wall.

Motivate..Inspire..Inform

'Everything that happens to you is either an opportunity to grow or an obstacle to keep you from growing. You get to choose!'

~Wayne Dyer~

BESPOKE

Please do not hesitate to contact Paris Bartholomew at Qui Solutions for a price quote based on your specific requirements.

STANDARD FEES

£400 - two day comprehensive course

£275 - one day talk with handouts and reading list

£225 – half day talk with handouts

£26 per hour – coaching and motivational tutoring

Paris Bartholomew is a motivational speaker who gives an educational & inspirational insight into the world of being a looked after child in London, UK. Paris was the subject of a care order & went into local authority care at the age of 6, via an NSPCC assessment and a hospital admission, on leaving care at age 18 she had experienced 4 foster placement, 4 residential and an out of borough secure placement.

She provides a unique and frank account which delves into the painful harrowing & somewhat disturbing life of child growing up in the care system - what's unique about this talk is the way which it is delivered without the essence of victim-hood but with the tones of survival, strength & resilience.

This talk provides an excellent framework for potential social workers, youth & probation workers and social work education, foster care and adoption, life story work, coaching and CPD, INSET or conferences as Paris is not only an inspirational speaker but a qualified lecturer in psychology. She teaches Health & Social Care, Employability, Citizenship & PHSE, is an adoptive mother to and NLP practitioner, and a volunteer with the Royal London Society for the Blind.

Half-day Interactive Motivational Talk

A short presentation which delves into the life of Paris who grew up within the system of care within London as a child 'looked after'. There are opportunities for questions and answers at the end of this talk.

Full-day Interactive Motivational Talk

A workshop which enables participants to interact with Paris as she presents 'her life' while allowing you to challenge and examine your own responses to the themes discussed; equality and diversity, transitions, identity, resilience, legislation and social work practice. Handouts and reading list included.

Two-day Training Event

A comprehensive training event, in which Paris uses her life experience as a case study for the development of Social work practice. Themes include; abuse, trauma, parenting issues, grief and loss, equality, diversity & identity. Handout, reading list and suggested web links included.

One-2-One

Paris is a qualified teacher with over 14 teaching & training experience, she has an intense passion for teaching and strong subject knowledge. She offers one-to-one tutoring which is ideal for young people and adult learners who require support with confidence building, university applications, examination support and technique, assignment drafting / writing and proof-reading.

PARIS BARTHOLOMEW

is a qualified lecturer & speaker who teaches psychology, Health & Social Care, Employability, Citizenship & PHSE at both secondary further & higher education level, she owns Qui Solutions, a training and development company which has a philosophy which incorporates motivation and well-being.

She writes a regular blog depicting her life story in episodes to inspire and motivate, she uses her communication skills to inform and educate using her life as a case study. Paris has used NLP and is currently learning BSL.

Paris is an adoptive mother to a child with a chronic health issue and is involved with volunteering for a charity who works with people who are visually impaired.

She graduated from Canterbury Christchurch University / Middlesex University with an MA (Hons) and gained her PGCE at Greenwich University.

Paris continues to practice mindfulness and is a member of the Action for Happiness movement.

BLOG

<https://parismotivates.wordpress.com/>

TWITTER

<https://twitter.com/survivegrow>

FACEBOOK

<https://www.facebook.com/parismotivates>

INSTAGRAM

Survive..Grow..Inspire

Survival

Whether you have had a recent break-up, someone you love is unwell, fear of coming out, an abusive partner, anxiety about examinations, a medical diagnosis, childhood trauma, family difficulties, mental illness, identity crisis or you've lost someone you love(d) and wonder how you will ever survive, chances are, you do!

Every day we hear and read about someone else's pain, but it does little to help us with our own pain, suffering and grief. It's difficult to hold onto the fact that our pain is not permanent, a new day will come, the pain will still be there, but you know what? Time will make it feel softer, easier, slightly more bearable and lighter, but still painful. Time is a great healer, but what time really does is that it allows us to carry on, to survive!

Survival can be made easier by talking about your pain, carrying on and living as the pain can propel us towards further movement, it can motivate and inspire us. It may mean we have to lean on those who are close to us, and finding ways to deal with, live with and carry on with life regardless of what is happening to us, with us.

Survival is the struggle to remain!

This was amazing! People want to be near her & seemed to be drawn to her and listen intently to what she says, it's a rare gift. Paris seems to "let her light shine" which is what I believe attracts others to what she is about and what she has to say. Often people don't believe in themselves or love themselves and often people look for the negative instead of the positive. I think others were attracted to her because she exuded these attributes and many others.

Sarah Liebelt, Barnet Social Services, Adoption Social Worker.

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For more information on any of the products or services please email us at: parismotivates@gmail.com



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