

## Inspirational Story Under 18

### Ilhora-Lee Louison

Ilhora-Lee, 10-years-old, is a multi-awarded winning kidpreneur, youth ambassador and international speaker on children's mental health who positively impacts diverse communities in the UK and beyond. She emphasizes journaling and a positive mindset, especially post-COVID when the world was uncertain and frightening for many young people. At four, Ilhora-Lee arrived in the UK from France, with her family native to Martinique. Despite the obstacles, she exhibited immense bravery and determination, embracing the challenges of starting school and mastering the English language. By six, Ilhora-Lee discovered journaling, creating her own as a guide for children navigating emotions. Her Self-Development Journals promote personal growth, instilling confidence and success in young minds. Ilhora-Lee embodies the boundless potential inherent in every child, encouraging them to believe in themselves and to cultivate self-kindness and self-love. Through words and actions, she reminds every child to believe in themselves because they are all full of potential.

Ilhora-Lee's initial excitement about moving to a new country quickly faded as she encountered the harsh realities of language barriers.

Ilhora-Lee found herself struggling to adapt to her new surroundings without being able to communicate effectively. This language barrier left her feeling deeply lonely and sad, reinforcing her feelings of isolation, and making her school experience increasingly distressing. Her days at school, once a place of joy and exploration, turned into periods of confusion and social isolation. The constant effort to understand basic instructions and communicate with teachers and peers left her exhausted, discouraged and she often struggled to participate in class, which took a toll on her self-esteem and overall mental health.

Each school day brought its own set of challenges, further isolating her in an environment that was once meant to be nurturing and supportive. The joy and curiosity that had characterised her learning experiences in France seemed a distant memory, replaced by confusion, frustration, and anxiety.

During break time, Ilhora-Lee often found herself on the periphery of playground activities. She watched her classmates interact with ease,

laughing and sharing stories she couldn't understand. This exclusion extended into her classroom experiences, where she felt like an outsider looking in. She tried to follow along but often missed key points, leaving her unable to contribute meaningfully. Her teachers noticed her struggles, but with many students to attend to, they couldn't provide the help she needed to bridge the communication gap.

This persistent struggle not only stalled her academic progress but began to erode her confidence. Ilhora-Lee doubted her abilities and felt overwhelmed by the seemingly insurmountable task of catching up with her peers. These feelings of inadequacy were compounded by her anxiety, which manifested in sleepless nights and tears.

What other people have said about Ilhora-Lee:

I purchased Ilho Sunshine's self-development journal for my daughter B. (8 years old). I am so impressed by its quality, and it has already helped with her feelings and so much more... Merci beaucoup pour la carte et les petits cadeaux! Nous te souhaitons beaucoup de succès pour la suite !" C.

"Great experience with Ilho 🙏❤️" Maryse

"Great experience and very interesting" C.

"I met the authors parents at the Cocoa kids' festival and the author herself, very inspiring. I'm buying the boys book for my son for when he is a bit older" SM.

"As a working mom, it's hard to find time for structured activities with my child. The Ilho Sunshine journal gives us a fun way to connect every day. My daughter loves the colours, affirmations, and the free expression pages, and I see her developing positive habits and self-awareness!" - Sarah, mother of a 6-year-old

"My son can be shy around others. The journal's well-crafted questions are helping him express himself more and become more confident at school. We're so grateful for this positive tool!" - David, father of a 7-year-old

"The Ilho Sunshine journals are a valuable addition to my classroom toolbox. They provide engaging activities that promote mindfulness, goal setting, and positive communication. My students love them, and I see a noticeable improvement in their social-emotional well-being." - Dave, primary school teacher

"These journals offer much-needed support for students facing academic and social pressures. The relatable topics and reflection prompts encourage open communication and self-discovery, which is crucial for my age group." - Mary, school counsellor

"I was looking for a unique and meaningful birthday gift for my niece. The Ilho Sunshine journal was perfect! It's creative, and educational, and encourages her to be her best self. She absolutely loves it!" - Aunt Karen

"My sister is always complaining that my nephew is always on his phone, so I wanted to gift him something different, something engaging and stimulating. The Ilho Sunshine journal sparked his curiosity and helped him focus on his creative talents. It's also the perfect gift for tech-savvy kids! lol" - Uncle Michael

Ilhora-Lee Louison (nine) BCyA, children's mental health champion, presented me with a copy of her self-development journal, something I will use in 2024!