



MUSIC-INFUSED EXPERIENCES FOR YOUTH EMPOWERMENT, CONNECTION & BELONGING

More than a workshop or performance— the experience that changes lives.

In a digitally dominant world, authenticity has become a student's greatest superpower. Music. Story. Performance. Connection. Most programs focus on one. **The Firefly Youth Experience** integrates all of them — simultaneously.

STUDENTS LEAVE WITH:

- Confidence to show up authentically — on stage and in life
- Self-expression through music, songwriting and performance
- Resilience & Self-leadership to navigate pressure and self-doubt
- Genuine connection to themselves and each other

"Adolescents are already so connected to music — using it to address the challenges they face every day was a perfect approach to engage them in what truly matters."

Shaira Kachra-Velji
STEP Program Educator

MEET FARAH MITHA AKA 'FIREFLY'

From almost-doctor to multi award-winning global artist — Farah knows firsthand what it feels like to lose yourself trying to be who everyone else needs you to be. She brings a Master's degree in Physical Therapy, a deep passion for neuroscience and behavioral science, and 20+ years as a performer to help young people discover what took her years to find: who they already are is enough.

ALIGNS WITH ARTS EDUCATION, SEL AND STUDENT WELLNESS FUNDING.

EXPERIENTIAL KEYNOTES, WORKSHOPS & ASSEMBLIES FOR YOUTH

[THEFIREFLYEXPERIENCE.COM/YOUTH](https://thefireflyexperience.com/youth)