



Today's students don't need
more pressure.
They need **permission**
to be themselves.



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. Movement. Wellness. Connection. Most programs focus on one. **The Firefly Youth Experience** integrates all of them — simultaneously.

STUDENTS LEAVE WITH:

- Confidence to show up authentically — with deeper self-awareness
- Self-expression through music, movement, art 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, DIVERSITY & EQUITY, SEL AND STUDENT WELLNESS FUNDING.

EXPERIENTIAL KEYNOTES, WORKSHOPS & ASSEMBLIES FOR YOUTH

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