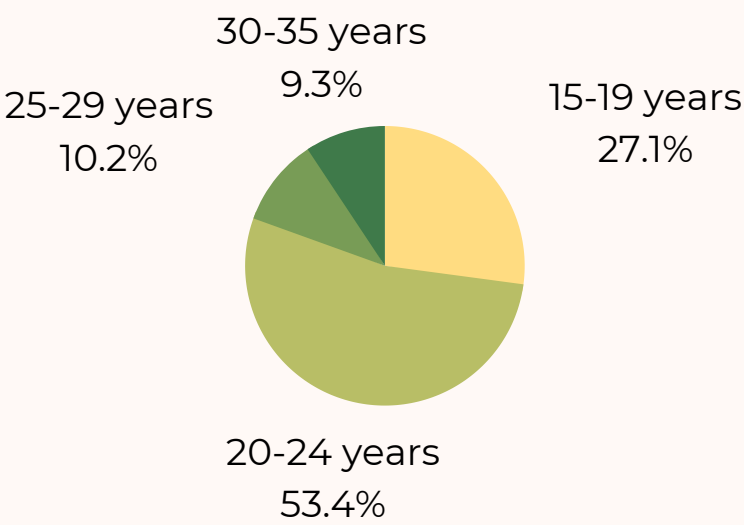


CHALLENGES OF YOUTHS TODAY

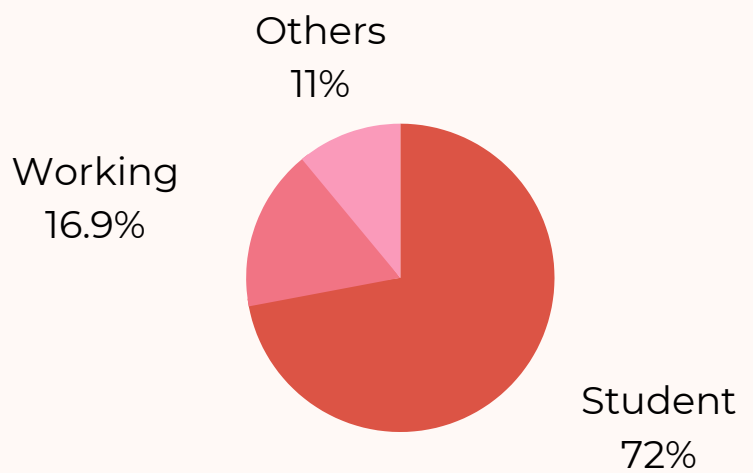
Grow in a Meaningful and Connected World

This infographic shows the concerns and challenges faced by 118 youths aged 15-35.

AGE DEMOGRAPHIC



WORK DEMOGRAPHIC



TOP 3 CHALLENGES FACED BY YOUTHS



CLARITY & DIRECTION



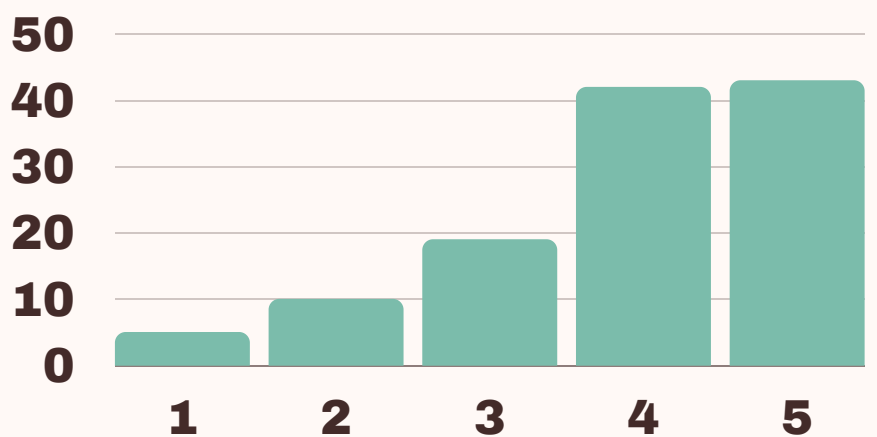
SELF-CONFIDENCE



FINANCES

Overwhelmed by Adulthood

72.03% youths feel overwhelmed at the thought of entering adulthood



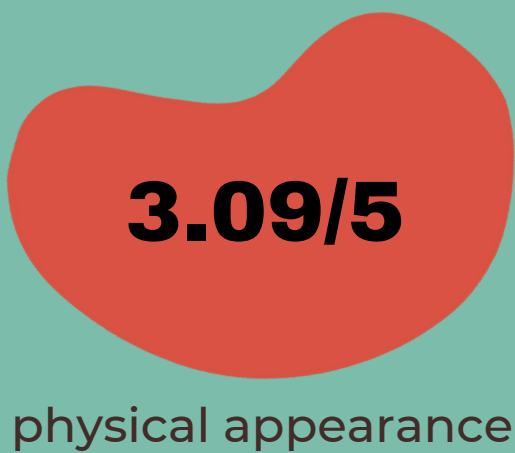
74.6%

of youths are worried about the future

75.3%

of students faced troubles in selecting their study course

Youths rated their self-confidence in



physical appearance



public speaking

Youths struggle to manage their finances



72.8% of youths would like support in creating a well thought out plan to manage their finances



Average score that reflects youths worry about rising cost of living

TOP 3 WAYS YOUTHS WANT TO BE SUPPORTED



66.1%

of youths would like a safe space to express themselves and support others

70.3%

of youths struggle with self-awareness



83.9%

of youths struggle to understand their own mental and emotional wellbeing

ONLINE PROGRAMMES TO SUPPORT YOUTHS



Find Your Ikigai SG (FYISG)

10 week programme to uncover your inner why and strengths to gain clarity of your life purpose.

<https://www.growthbeans.com/find-your-ikigai-sg.html>

Navigating Adulthood

Bite-size coaching infused workshops to explore and address anxieties towards career and relationships.

<https://www.growthbeans.com/navigatingadulthood.html>



Youth Coaching Circle

Safe space to deepen self-awareness, expand perspectives and work on challenges through a reflective process.

<https://www.growthbeans.com/youthgcc.html>

Sharing Circle

A safe space for people from all walks of life to learn, share, grow and build new friendships.

tinyurl.com/growthbeanscommunity



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