



**THE RESILIENCE
PROJECT**

MEDIA PRESS KIT

ABOUT THE RESILIENCE PROJECT

OUR STORY

After years of intense climate action led to her own burnout, prominent youth climate activist, Katie Hodgetts, established The Resilience Project in 2020 as a critical intervention into the mental health crisis gripping the youth climate movement. We were provided a home by the organisation Collectively until the end of 2021 and in 2022 we became an independent organisation that is entirely youth-led. Since then we have reached over 800 young people with our 'life-changing' work and reached over 20,000 people through speaking engagements.

OUR MISSION

The Resilience Project is a youth-led community built and established by leading youth climate activists. We resource young people to become effective and resilient climate changemakers, for a sustainable future. We resource them through peer-support communities, intergenerational mentoring and the transformation skills required to catalyse inner and outer change. Our vision is a bigger, more inclusive and sustainable international youth movement resourced by connection, community and cooperation. We are building tomorrow's green leaders.



SINCE WE BEGAN IN

2020...

20,000+

people engaged through speaking opportunities

37

countries reached

14

Resilience Circles created internationally

860

young people reached through our 'life-changing' work

92%

of Circle co-hosts would describe our residential as life-changing

100%

of Circle Participants said that the circles gave you the tools and approaches to process climate emotions like eco-anxiety and reduce burnout



OUR TEAM



KATIE HODGETTS

Founder/Executive
Director

Katie (she/her) is a multi-faceted, highly skilled facilitator, youth campaigner and change maker. She founded the Resilience Project aged 24, after experiencing a burnout and seeing little support on offer. A Global Youth Awards finalist (2018) for services in empowerment, Katie has extensive youth campaigns experience, campaigning primarily with the UK Youth Climate Coalition weekly for 5 years in anti-fracking, system change and COP as a Co-director, campaigner, coordinator and wellbeing officer. Her various accolades include SouthWest's 30 under 30 (2022), coordinator of a national youth anti-fracking campaign and team (2017/8), founder of Bristol Youth Strike 4 Climate (2018), coordinator of 12+ mass mobilisations/public protests, a COP23 & COP26 UK delegate, 15+ writing credits in the Ecologist and delivering key speeches to crowds of >30,000 people alongside Greta Thunberg.

Recognised for her work, she now sits on IKEA's global youth leaders board to facilitate meaningful dialogue across sectors. She previously worked for Friends of the Earth Europe in Brussels as the Economic Justice intern. She holds a first-class masters degree in Global Studies and a first-class undergraduate degree in International Relations and Economics.



GRACE MCMEEKIN

Programmes Lead

Grace (she/her), 24, is no stranger to demanding change. She has organised with Extinction Rebellion, coordinated Just Stop Oil's London team, led as Queen Mary's University Sustainability Officer and navigated climate change policy at Climate Emergency UK.

After experiencing burnout, she became part of the first cohort of Resilience project Co-hosts and she facilitated the 8 week Resilience Circle cycle in London. With first hand experience of the power of the Resilience Project, Grace keenly returns to pass on the magic and change cultures in youth movements.



INDIA YSABEL MILES

Communications & Partnerships
Lead

India (she/her) is a passionate young changemaker, speaker and content creator. Her eagerness for positive change has led India to working in multiple activist spaces such as feminist, sexual violence, antiracism and climate change. Alongside earning her first-class degree in Sociology, India worked as an Equality and Diversity Coordinator at Climate Live, organised with UN Women UK on the pilot of their Safe Spaces Now initiative and partnered with a number of high-profile brands to create social media content. Thanks to her changemaking work, India has delivered keynote speeches, spoken on panels and even debated at The Oxford Union. Having experienced high levels of burnout due to changemaking work, India feels deeply connected and committed to the mission of The Resilience Project.



DOWNLOADABLE ASSETS



MEDIA COVERAGE AND AWARDS

[The Resilience Project Speaks at the European Parliament](#)

[The Resilience Project speaks at the IDG Summit 2023](#)

[Katie Hodgetts named as one of Covering Climate Now's
'Young Climate Leaders'](#)

[Katie Hodgetts on the From The Ground Up podcast](#)

[BBC article](#)

[Shado Mag article](#)

[Conduit's Young Innovator Award](#)



TESTIMONIALS

“This is one of the most important things I've ever done in my life, I feel stronger, more resilient and capable. If anybody is looking to take part in this, in either form, I highly highly recommend it.” - Simran Dhingra-Smith

“My time at the Resilience Project has been, without a shadow of a doubt, life changing. The resilience project for me felt like the perfect way in which I could keep activism in my life in a really healthy and sustainable way.” - Lilly Hill

“I entered this experience feeling really new to both activist and wellbeing spaces and feeling like I didn't really know what I was doing. I now feel much more confident to have my own opinions and convictions, and to trust them, rather than always defer” - Amazon Green

“As a Muslim, brown woman it was rare and miraculous to feel safe, validated and welcome in all areas. I have practised sharing in a way that I usually opt out of out of fear. I feel more comfortable in my own skin. This experience will allow your best self to shine through and show you who your best self is so you can start to be them in other environments.” - Amarah Khan



CONTACT US

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WEBSITE

<https://www.theresilienceproject.org.uk/>

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