



# COLLOQUY LEADERSHIP SCHOOL FOR YOUTH

colloquycommunities@gmail.com



www.colloquycommunities.org



January, 2026

**Dear Parents,**

It's exciting to invite you to register your child for the Colloquy Leadership School for Youth, a specialized social and emotional leadership program for today's youth. The structure of the program is based on sound psychological research to effectively support symptoms of anxiety, depression, and low self-esteem among young people today while also teaching them important life and leadership skills.

Some additional program specifics include:

- For English-speaking international youth from any culture
- Scholarships are available for the cost to participate
- Online, short-term, small group approach with two meetings per month
- Students grouped according to age in small groups
- Led by a diverse team of skilled mental health, leadership, and educational professionals
- Participate for one trimester or for the entire year (three trimesters).
- Trimesters begin in February, May, and September. Register anytime.

We are confident this program will offer an important support system in your child's overall development as a person, including academic, social, and emotional life and leadership skills. For a more detailed overview of the program and how to register, see the information below.

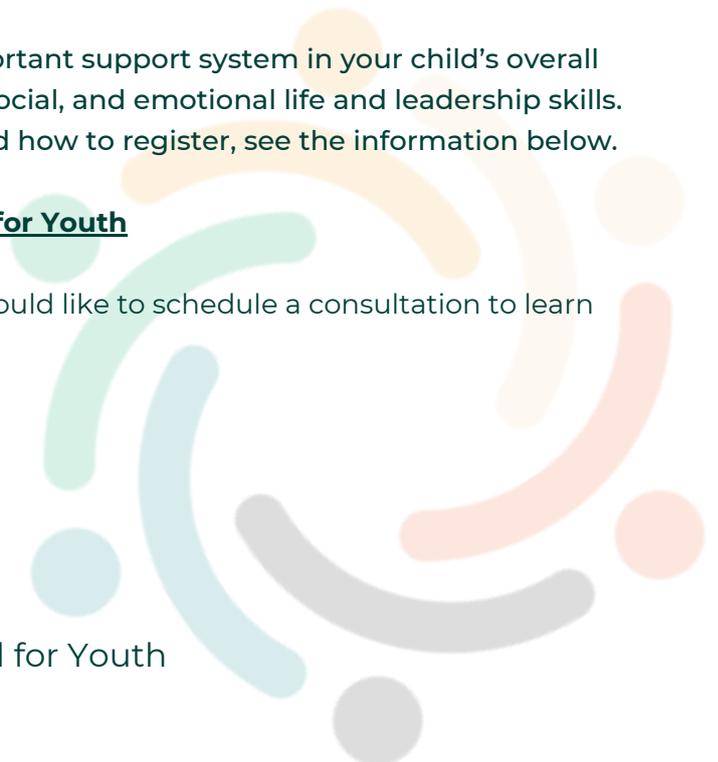
**[Registration Link: Colloquy Leadership School for Youth](#)**

Let us know if you have any questions or if you would like to schedule a consultation to learn more about the program.

**Regards,**

**– Thato Belang & Lawrence Sharrett**

Co-Directors, Colloquy Leadership School for Youth





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## OVERVIEW

THE FUTURE OF EFFECTIVE LEADERSHIP BEGINS WITH HELPING YOUNG PEOPLE GROW MORE EMOTIONALLY AND SOCIALLY INTELLIGENT AS THEY BECOME A GLOBAL CITIZEN.

## RESEARCH

- GEN Z AND GEN ALPHA (THE MAJORITY OF TODAY'S YOUTH) CRAVE SAFETY, BELONGING, AND KEEPING THEIR OPTIONS OPEN AMIDST A DIGITAL WORLD MORE CONNECTED THAN EVER AND YET MORE LONELY THAN EVER.
- MENTAL HEALTH ISSUES ARE MUCH HIGHER TODAY THAN THEY WERE A DECADE AGO (TEEN DEPRESSION, ANXIETY, AND OTHER RELATED ISSUES ARE ON THE RISE).
- SIGNIFICANT EVIDENCE POINTS TO THE INCREASED USE OF SOCIAL MEDIA AND OTHER DIGITAL PLATFORMS THAT HAVE CAUSED A DECREASE IN THE AMOUNT OF TIME THAT CHILDREN ARE CREATIVELY PLAYING FREELY AND A DECREASE IN THE AMOUNT OF QUALITY FRIENDSHIPS EXPERIENCED IN-PERSON.

## CURRICULUM

### TRIMESTER 1

IDENTITY & BELONGING

LIFELONG GOALS & HEALTHY HABITS FOR SCHOOL & LIFE

### TRIMESTER 2

SAFE & EFFECTIVE USE OF THE DIGITAL WORLD

BUILDING RESPECTFUL FRIENDSHIPS & TEAMBUILDING SKILLS

### TRIMESTER 3

MANAGING STRESS & CONFLICT

DEALING WITH SADNESS & LOSSES IN LIFE

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## OUR WHY?

INSPIRING MENTAL HEALTH LEADERSHIP SKILLS AMONG YOUTH

## OUR HOW?

COLLOQUY PROVIDES SAFETY AND BELONGING THROUGH ONLINE SMALL GROUP COMMUNITY SESSIONS FOR MENTAL HEALTH EDUCATION AND LEADERSHIP COACHING FOR A DIVERSE GROUP OF YOUNG PEOPLE AROUND THE WORLD

## OUR WHAT?

- LEADERSHIP SCHOOL FOR YOUTH (IN ENGLISH)
- LED BY SKILLED COUNSELORS, COACHES, AND EDUCATORS
- 3 TRIMESTERS (3 MONTHS EACH / 6 SESSIONS PER TRIMESTER)
- A FLEXIBLE MENTAL HEALTH LEADERSHIP CURRICULUM

## COST OF PROGRAM

- 50 EUROS PER TRIMESTER (FULL AND PARTIAL SCHOLARSHIPS AVAILABLE UPON REQUEST)

**– LIMITED SPOTS AVAILABLE –  
REGISTER NOW TO SAVE A SPACE FOR YOUR CHILD**

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## Zina Abu-Haydar

### **Educational Psychologist; Professional Educator**

Based in Saudi Arabia, Zina Abu-Haydar is an educator by passion and profession. After several years of working with marginalized populations, Zina observed that in the educational space, many children need differentiated support, yet educators are often lacking the resources necessary to provide such support; herself included. Her experience inspired her to pursue a master's degree in Applied Educational Psychology.

With deeper knowledge and a stronger tool kit, Zina's goal is to play a role in supporting children, their parents and their teachers better understand and accept the specific learning needs of each child through intervention planning, training, and implementation. Her passion for working with children in need of learning support has grown significantly through her work at international schools as a Learning Support Specialist in Guatemala and Saudi Arabia.



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## Ornella X. Akrivopoulou

### **Creativity Mentor, Artist & Illustrator**

Based in Thessaloniki, Greece, Ornella Xarikleia Akrivopoulou is an artist, illustrator, and creativity mentor with over 10 years of experience across art, education, and community-based creative practice. She holds a foundation degree in Art & Design and a Bachelor's degree in Illustration and Printmaking, and has supported creatives of all ages—from children to adults, including dancers, writers, and visual artists—through mentoring, facilitation, and project leadership.

Her work includes roles as an art director, designer, illustrator, and project manager, with experience at an art center for professional artists in Philadelphia, creative summer programmes at universities in the USA, and teaching art in schools and private settings. A certified Messy Clay Play facilitator, Ornella centers her practice and mentoring on experimentation and material play, using clay, ink, paint, printmaking, and other materials as tools for self-expression and emotional release.

With warmth and curiosity, Ornella creates brave, joyful spaces where individuals and teams can access their inner child creativity, embrace their “mess,” and express their inner worlds authentically. At the core of her values is freedom—the freedom to create, explore, and communicate beyond words—and she invites others to make it visible, tangible, and alive.



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## Melika AzizHaghighi

### Licensed Psychologist & Counselor

Melika AzizHaghighi is an Iranian psychologist – psychotherapist located in Athens, Greece. She has been awarded a BA in Psychology and MSc in Counseling Psychology & Psychotherapy from The American College of Greece – Deree in Athens. Currently, she is collaborating with various NGOs in Athens, specializing in networks for migrants and refugees living in Greece. She also has worked with various research projects on gender-based violence, and trauma within vulnerable populations (refugee women). Her main approach in treatment is psychodynamic and existential and her specialties are diversity and culture, stigma, gender-based violence, trauma, psychiatric disorders, depression, and anxiety.



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## Thato Belang

**Co-Director, Colloquy Leadership School for Youth; Leadership & Authenticity Coach; Vice President, Colloquy Communities**

Based in Johannesburg, South Africa, Thato is a passionate keynote and TEDx Speaker and has created a platform called “Authentic Dialogues with Thato,” where deep, compelling, engaging, and inspiring conversations take place. These conversations shift perspectives and propel people to serve, to positively influence, and to make an impact in the world.

She is an Authenticity Coach and Facilitator. Her academic research on Business Executive Coaching and Female Leaders’ Authenticity has made her more curious to continuously contribute to the thought leadership about authenticity and authentic leadership. She is a co-Author of a best-selling book on Amazon: *My Voice: A Collective Memoir by Women of Substance*. Thato has a Master’s Degree in Business and Executive Coaching from Wits Business School in Johannesburg, and she is a seasoned Management Consultant who has a wealth of experience in the Financial Services sector.



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## Filippos Marselos

### **Licensed Psychologist - Psychotherapist (MSc)**

Filippos Marselos (MSc) is a psychologist and psychotherapist with six years of clinical experience and a private practice in Athens, Greece. An honors graduate of the American College of Greece and the Open University (UK), he holds an MSc in Counseling Psychology and Psychotherapy.

Filippos practices an integrative, evidence-based approach, drawing from Process Based Therapy (PBT), Compassion Focused Therapy (CFT), Cognitive Behavioral Therapy (CBT), systemic, and psychodynamic psychotherapy, to provide personalized, collaborative care. He is an international affiliate member of the APA and has led numerous mental health workshops and seminars with Colloquy. He has also contributed extensive volunteer work in different mental health settings, such as a counseling center, a municipal health center, a mental health helpline and two major psychiatric clinics in Greece. His goal is to provide immediate relief and enable long-term and sustainable personal growth.



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## Courtney Sharrett

### Psychologist

Graduating from The American College of Greece and earning a B.A. in Psychology with honors, Courtney is a candidate for professional license as a psychologist in Greece. Courtney believes it is essential to find the right support for the various mental health challenges we all can face in life. She believes that attention to mental health is not a passing trend, but it is a core need that deserves attention in everyday life because counseling benefits every person in different ways for the different seasons of life.

She continually seeks to further develop her knowledge of best practices and scientific research in the field of counseling psychology, particularly in the areas of trauma, anxiety, attachment theory, understanding somatic symptoms in the body and practices for recovery, cross-cultural adjustments and transitions, and the correlation between nutrition and mental health. Appreciating the connection between scientific evidence and everyday life, Courtney's research thesis explored the role of how sleep quality can reduce the effects of daily anxiety levels.

She desires to offer a safe space for processing the many difficulties of life through a client-centered, existential approach (this means you set the pace and focus). As an expat herself, she is particularly interested in supporting expat women as they navigate unique cross-cultural challenges. Originally from the United States, she is currently based in Eastern Europe while working with international clients. She is available to serve adult clients.



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## Lawrence Sharrett

**Co-Director, Colloquy Leadership School for Youth; Mental Health Counselor; Professional Educator; Director, Colloquy Communities**

Originally from the United States, Lawrence is currently based in Athens, Greece. As a mental health professional, he is working with mental health initiatives for individuals and for groups. With degrees in counseling psychology and psychotherapy, educational leadership, and theological studies, education has been an important part of his personal and professional journey. With over 10 years of counseling experience in contexts ranging from hospitals to classrooms to online sessions, he provides counseling and coaching for adults, adolescents, or children, especially expats and expat families.

Lawrence has lived and worked in four European cities, including Sofia, Athens, Thessaloniki, and Tirana. His vocational background includes work as a professional educator in international schools, a professional athlete, a pastoral counselor, a cross-cultural educational program coordinator, a mental health counselor in private practice, and a director for creative international mental health initiatives.

Lawrence is a lifelong learner whose approaches as a professional counselor and educator are person-centered, existential, and integrative, specifically seeking to empower clients and students toward innovation and creativity as they discover their way forward in life. He finds joy in the privilege and responsibility of walking alongside others as they grow personally or professionally.



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## LEARN MORE ABOUT THE COLLOQUY COMMUNITIES COUNSELING CENTER:

Colloquy creates a welcoming ethos for local and expat communities or for expats to find quality mental health counseling. Colloquy's team of experienced counselors, coaches, and educators provide quality support for adults or youth who seek our services.

## COLLOQUY OFFERS THREE MAIN INITIATIVES FOR MENTAL HEALTH:

**Colloquy Counseling Center:** Colloquy's team of mental health and coaching professionals offer individual services for those seeking mental health counseling, psychotherapy, and leadership or life coaching via online sessions. Our team serves people of all ages, and we offer individual counseling support in the following languages: English, French, Polish, Farsi, Greek, and Bulgarian.

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**Colloquy Communities:** Skilled facilitators present high-quality content on topics for personal and professional development through live online workshops. Interactive and respectful conversations follow. Meetings occur monthly and participants choose the meetings that interest them most. All Colloquy meetings last around 45 minutes. See our [calendar](#) for our upcoming opportunities or [schedule](#) a conversation with one of our leaders.

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**Colloquy Leadership School for Youth:** This online program is led by a diverse international team of Colloquy counselors, coaches, and educators who seek to inspire social and emotional leadership skills for young people. This psychological education program is a place that offers international youth a place to belong while learning important life skills around the topics of mental health and leadership.

TO LEARN MORE ABOUT ANY OF THESE PROGRAMS, YOU CAN CONTACT US  
[HERE](#) OR EMAIL US AT: [COLLOQUYCOMMUNITIES@GMAIL.COM](mailto:COLLOQUYCOMMUNITIES@GMAIL.COM)