



Ben Reid-Howells

**SPEAKER | EDUCATOR
CONSULTANT | COACH
TRAINER | FACILITATOR**

2025 OFFERINGS

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COMMUNITY OFFERINGS

Men's Circles
Community Group Sessions
Activist Trainings
Ceremonies: Weddings, Funerals

PERSONAL COACHING

Life Purpose and Pathways
Transformative Personal Practices
Decolonial Frameworks & Lifeways

CONSULTANCY

Liberated "JEDI" Frameworks (Justice, Equity,
Diversity & Inclusion)
Organisational Transformation, Strategy & Agility
Capacity Building, Team Retreats & Visioning

EDUCATION

Learner-Centred Educational Disruptions
Student, Staff & Admin Trainings
Retreats, Ceremonies & Campus Culture Change

Ben Reid-Howells

CONTACT

+447842901651
ben.reid.howells@gmail.com

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ABOUT ME

I am a Scottish-Canadian community organiser, trainer, consultant and teacher. From years working in the field and on the frontlines of change I believe in the power of communities, of education and of intersectional solidarity and visioning to bring us together to achieve lasting, transformative change.

When I work with you I bring my experience of more than a decade of work in grassroots & transnational project and team management, and my toolbelt of tangible, transformative practices that are rooted in liberation, radical wellbeing, decolonisation, and land-based cultural grounding.

For the past 6 years I have been working in the Americas, South & Central Asia, the Mediterranean, Western Europe and the UK, strengthening efforts of local communities, international schools, hubs & institutions, and connecting grassroots networks and regenerative movements across borders.

Through my work for I strive to build capacity & connect efforts to co-create resilient, shared futures where the coming generations will flourish. This is my passion and part of my own process of liberation and flourishing.

**Join me,
bring me to your work,
or let's co-create this year.**

See more at: www.benreidhowells.com

Bookings at: ben.reid.howells@gmail.com



THIS YEAR'S AREAS OF WORK



DEEP ROOTS SESSIONS

Building our capacity to heal, resist and reclaim roots & wellbeing

- WHAT** Reconnecting with our land-based cultural roots for **wellbeing, resilience** and solidarity. **Format:** 1-3 day workshops, trainings, retreats, gatherings and one-on-one (1:1) sessions.
- HOW** **Hands-on learning**, group activities, **theory**, song, music, language learning, **outdoor experience**, meditation, **critical thinking**.
- WHO** All ages. Community groups, organisations, school groups, etc.
- WHERE** **In person:** I come to you, or **online** for group or 1:1 sessions.

EDUCATIONAL SERVICES

Empowering learners & teachers for lasting positive change.

- WHAT** Empowering students, young change-makers, teachers and supporting educational administrative teams. **Format:** Teacher-trainings, student workshops, closing rituals, ceremony, administrative support and educational consulting.
- HOW** Developing tools and practices to excel in learning, to develop clarity in teaching goals, students' life-goals & visions, and to stay grounded, with personalised wellbeing practices.
- WHO** Schools, colleges & universities; teacher training colleges.
- WHERE** In person or online.



ORGANISATIONAL SERVICES

Transforming institutions for effective, liberating work.

LIBERATING
FRAMEWORKS

JUSTICE &
RESTORATION

EFFECTIVE
SYSTEMS

- WHAT** Capacity building for organisations seeking to work in ways that are more: effective, transformative, rooted in frameworks of anti-oppression ("Liberated Frameworks"), meaning, joy & impact.
- HOW** Skills training programs in specific areas according to need: ie. visioning, strategising, communications, networking, team dynamics.
- WHO** Community organisations, NGOs, collectives, activist groups, student groups.
- WHERE** In person and online.

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DEEP ROOTS SESSIONS

GROUP SESSIONS | RETREATS | 1:1 WORK



What does it look like in today's modern world to **reconnect with** ourselves, the natural world around us, and our own land-based rhythms, cultures and **practices that have the potential to bring us so much wellbeing, joy, rootedness, purpose, connection and resilience?**

I have been hosting **Deep Roots** gatherings, community events and one-on-one sessions in Canada, Mexico, Wales and Scotland, with **youth groups**, at **schools**, with **activists, community organisers** and more, since 2022.

In these sessions we explore what it means to **tangibly reclaim our connection to the land, seasons, and our land-based cultures**, in doing so moving towards **holistic wellbeing**.

Through **theory, song, language and hands-on, experiential learning**, we learn about the roots of some of our sense of disconnect, stress or anxiety, and discover what works for each of us to calm our nervous systems, remember our connection to the wider world around us, and **come into a sense of purpose, responsibility and solidarity** with other movements to **regenerate the land and people**, both in our regions and globally.



"It's been a chance to step back from my work and assess at it and gain some clarity and perspective on what am I actually doing, why am I doing it, and thus what's the important stuff for me to be putting me energy into "...

TESTIMONIALS

"I am an activist and I feel this work was hugely healing..."

"We managed to cultivate a sense of community & belonging that is really special and that we can now take forward into peoples lives."

"It was a catalytic space from which we can take strength and solace and new beginnings, and take it back to our lives".

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EDUCATIONAL WORK

PROGRAMMING FOR STUDENTS, STAFF & ADMIN

How do we prepare the next generation of leaders, activists, parents, and world citizens for the complex, challenging future they are inheriting?

How do we shape their learning journey -- and our roles in it as guides, teachers and administrators -- not to be one of counting points and competition, but **to be one of empowerment, bold new visions and the skills to bring them into reality?**

As a teacher, administrative assistant, program coordinator and youth mentor I have seen the **power of transformative education and the barriers to delivering this**. Since 2016 I have worked in advising schools and **creating alternative models of teaching, learning and operating that re-centre wellbeing** for staff and students alike, as well as life-purpose, service and critical thinking.

I offer teacher, staff and admin training programs, student workshops, mentoring and yearly services such as: start of year core skill-building for students; end of year closing camps; summer programs; as well as staff-wide JEDI trainings (Justice & EDI); teacher professional development & retreats.

Bring these to your school

- emotional intelligence, non-violent communication, selfcare
- project & time management
- critical thinking, inter-cultural understanding & communication
- facilitation, conflict transformation
- service-based learning, project based learning
- learner-centred pedagogy and administrative policies



PROJECT NO. 1

THE BOMBAY PROJECT ACCESSIBLE EDUCATION



THE VASUDHAIVA KUTE
BEN REID-HOWELLS & KUMAR PRASHANT

TESTIMONIALS

The space felt safe and welcoming. I loved hearing the trainer's own stories of resilience which have left me inspired and optimistic about actively working for change.

- Educator



When I was a student at United World College (UWC) Mahindra College in India, Ben served as a great mentor for me in my activism on and off campus. He gave me great support and equipped me with the skills I needed in understanding power structures and how to work towards real change in systemic racial oppression.

Rudo Ellen Kazembe Zimbabwe / USA

Writer & Editor: Black Rap Magazine: "Afrikan students for Afrikan liberation". Lakeforest College, USA.

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ORGANISATIONAL SERVICES

BUILD YOUR TEAM'S CAPACITY, VISION & FRAMEWORKS

Your work is important and with the right tools and frameworks you can bring about the change you envision. Together we will explore new policies, practices and work place cultural changes that can bring out your team's full potential. **Let's re-align your work with your vision and make sure you have the tools to work tangibly towards your goals.**



Working as a consultant I learn about the vision, needs and barriers of your team, organisation or institution. Then **we co-create a bespoke strategy** that includes: problem-transforming; capacity building with team trainings; evaluation & ongoing forms of support to **ensure lasting positive change.**

Bring me in to guide your through:

- **Organisational Framework Review;** Systems Thinking & Tactics; Policies; Decision-Making, etc.
- **Year End Reviews:** Challenges, Strengths; Vision, Mission & Means (needs-based timeline).
- **Team forming;** Conflict Transformation; Norming, Creating healthy work culture, etc.



Hard Edges: Centering Community Voices in Scotland's Central Belt

TESTIMONIALS

This training was key for the delivery of our work and bringing important change to the sector, where we may face confrontation or challenges from those we work with. This will help to transform those areas of oppression within the sector.

I was also struck by how your work with us was team building and confidence boosting.

[We added] a radical, creative and critical lens to our work, an intersectional understanding of systemic oppressions, and a receptive and accessible space to grow together that has felt meaningful.

It has been great to understand that professionalism does not have to be without care.

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WHAT PEOPLE SAY

VOICES FROM FORMER COLLABORATIONS



Our sessions with Ben were a catalyst in helping us move forward from the block that we were facing at that time, and to re-strategize effectively. Before we would often find ourselves all over the place with our goals, but now our focus is a lot more clear and we are able to prioritize what comes on our plate. This has boosted our confidence in our work and in our objectives and we have got greater motivation to increase the magnitude of our work. Ben helped us to get a better understanding of where our personal goals are aligned with the organisational goals. It was an 'Aha!' moment for us to realize that we have so much more than we think.

Urishna Shakya
Nepal

Programs Director: Canopy
NEPAL



Beinn Raoite is unfailingly motivated, passionate, dedicated and truly versatile. I dedicate myself to the work of reviving the language and culture of the Gael as a way of decolonizing the Scottish people. During the initial planning stages of a Centre for Indigenous Practices here in Argyll, Scotland, Ben's lateral thinking and problem-solving abilities have proven both crucial and inspiring as he brought key players together, facilitated mind-mapping, visioning and motivational activities allowing us to develop the idea beyond the confines of our own heads, and progress through barriers that had held us back. Now that Ben seeks to be of service in the land of his birth, his experience with us in the land of his heritage will only strengthen his toolkit in whatever work he involves himself with.

Àdhamh Ó Broin
Scotland

Scottish Gaelic Revivalist



Benjamin is a man with great willpower, an excellent communicator who knows how to connect with the most sensitive parts of people but above all, he is very focused and clear in identifying objectives and the means of action to accomplish them. Sharing with Benjamin my work of ancient knowledge has refreshed my spirit in the struggle for a better and more just humanity, the importance of which I have, at times, lost sight. To see the impetus he has, to see him work so hard to bring my teachings to more people, and to see the love and conviction with which Benjamin engages in projects has both moved me and comforted me, as well as reminding me to continue in the struggle. He is a multivitamin for the spirit, and a social activist necessary in bringing about the social changes that humanity requires.

Alma Martinez Santiago
México

Healer, Psychologist, Nahuatl
Knowledge Holder

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FORMER CLIENTS

I'VE HAD THE PRIVILEGE TO WORK WITH PEOPLE AROUND THE WORLD. BRING ME INTO YOUR WORK THIS YEAR.

