The Gathering Announces New Workshops Addressing Youth Unhappiness and Purpose

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Palm Beach, FL ? The Gathering, an organization dedicated to transforming the lives of young people, announced a new series of workshops designed to help students discover their life purpose and build meaningful careers and relationships.

These workshops are grounded in more than 15 years of academic research and teaching experience, including teaching experience by the founder, Leonardo Radomile, who has worked with Harvard-affiliated programs and approaches informed by psychology and neuroscience. They come amid rising concerns about youth mental health and widespread unhappiness reported by high school and college students nationwide.

Recent national surveys show that U.S. high school students and young adults face considerable mental-health and well-being challenges (data sources use different age ranges). For example, in a 2023 report based on 2021 Youth Risk Behavior Survey data, the CDC found that 42% of high school students experienced persistent feelings of sadness or hopelessness. A 2023 Harvard Graduate School of Education

study (Making Caring Common) found that 58% of young adults reported little or no purpose in the prior month. Recent reports from national well-being studies indicate that young adults show lower flourishing scores compared to older age groups; for clinical measures such as depression and anxiety, national surveys from 2023?2024 document elevated rates among teens and young adults. Research also shows that LGBTQ+ youth report higher rates of emotional distress and poorer mental health outcomes compared to their peers. These findings reflect nationwide trends.

This mental health challenge has been linked to factors including societal pressures, uncertainty about the future, academic and financial stress, social media influences, and a pervasive sense of aimlessness. The gap in meaning and purpose in young people's lives emerges as a critical contributor to their mental health struggles, with nearly three in five young adults (58%) reporting little or no meaning or purpose in the prior month, according to a 2023 Harvard Graduate School of Education report.

The Gathering's workshops are intended to assist participants in discovering their own purpose and encouraging the translation of that purpose into meaningful work and relationships. Based on scientific findings from psychology and neuroscience, the programs seek to offer participants tools and frameworks to help them lay the groundwork for increased well-being and personal goal alignment. These programs, though, are not meant to substitute professional mental health care or therapy as needed.

The origin of The Gathering?s approach lies in extensive academic research and practical experience accumulated over the years. Its founder, Leonardo Radomile, is an award-winning educator honored with multiple teaching awards, including the prestigious Harvard Club Award for his teaching at Harvard University.

Radomile founded The Gathering to respond to a growing crisis of disconnection, confusion, and despair. In a time when traditional institutions have lost their way and digital interactions replace real connections, he recognized the need for a return to core values?the kind that give life direction, purpose, and joy. His vision for The Gathering is rooted in faith, informed by scholarship, and driven by a deep love for people and their potential to grow, lead, and heal.

High school and college students who attend The Gathering workshops participate in activities and conversations aimed at clarifying their goals, identifying strengths, and developing concrete strategies for the future. According to research, focusing on a personal mission has been linked to improved mental health outcomes, greater resilience, and higher life satisfaction. Peer-reviewed studies and national councils also report that cultivating purpose is associated with higher life satisfaction, resilience, and lower depressive symptoms in adolescents and emerging adults.

By focusing on empowerment through purpose, The Gathering?s workshops aim to provide an alternative

route to counter the widespread feelings of disconnection and confusion reported by young people. The program's evidence-based courses promote self-awareness, emotional well-being, and life objectives to help individuals achieve meaningful adulthood.

The Gathering is a Palm Beach-based educational initiative dedicated to transforming the lives of high school and college students through purpose-driven workshops. Rooted in 15 years of research and academic teaching, the organization uses psychology and neuroscience to help young people build fulfilling careers and relationships founded on personal meaning.

Those who want to stay updated on the latest workshops from The Gathering may visit https://thegatheringfbp.com/.

About The Gathering

Based in Florida, The Gathering develops and delivers its programming under the leadership of founder Leonardo Radomile. The Gathering equips young people with the tools to discover purpose, strengthen mental well-being, and live fulfilling lives.

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For more information about The Gathering, contact the company here:The GatheringLeonardo Radomileinfo@thegatheringfbp.com

The Gathering

The Gathering helps individuals build meaningful lives through faith, values-based education, and in-person community?so they can live with purpose, build real relationships, and contribute meaningfully to the world around them.

Website: https://thegatheringfbp.com/

Email: info@thegatheringfbp.com

The Gathering

Instilling Values, Building Community