

Antoinette Daniel

Antoinette is Trustee of Flourish, rooted in empowering young women to “believe, belong and become.”

SAYING YES AGAIN

I once vowed I would never be a trustee again. It wasn't because I didn't believe in the work. Quite the opposite. I loved the charities I served and remain deeply passionate about their missions. But as someone who builds and leads through action, I found myself struggling with endless governance papers, policies and meetings that felt far removed from the people we were trying to help.

At the same time, my own business, Just Helpers, a multi-award-winning London-based ethical cleaning company, was demanding everything I had. A move to Worthing and the upheaval of Covid meant survival required total focus. Becoming a trustee again felt impossible.

Then I met Frederique, known to everyone as Fred, one of the co-founders of Flourish.

We met at an event where I was speaking, and there was an immediate sense of shared energy. Over coffee, as we exchanged stories, it became clear how much overlap there was between my own journey and the heart behind Flourish. For a year, I gently resisted her invitations to join the board. “Not yet” became my refrain. What changed my mind was Flourish's desire to go deeper in supporting care-experienced young women. Having entered the care system myself at the age of seven, I recognised something deeply personal in that vision. Eventually, I ran out of reasons to say no, and I am profoundly glad I did.

Flourish, a mentoring charity supporting young women, stands in the gap where other services often fail. Through a two-year mentoring programme, workshops and an inter-generational community of women, it helps young women shape identity, build healthy relationships and imagine aspirational futures.

At its heart is a simple belief: no young woman should navigate her formative years alone. Much of what Flourish now



intentionally offers changed the trajectory of my own life, because ordinary adults chose to stay, mentor and believe in me when my world felt uncertain.

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Being a trustee this time feels different. Our conversations are purposeful and strategic. Governance matters, but it serves the mission rather than obscuring it. Most importantly, we are invited into the community itself, hearing stories and witnessing transformation firsthand. Watching these young women step into confidence and possibility regularly moves me to tears of pride and joy.

My Christian faith shapes my conviction that we are meant to walk alongside one another. I believe everyone should be mentored and mentor others for their entire lives.

One day, I hope to help build a grant-making mentoring foundation for bright, sparky young people leaving care, offering belief and seed funding to help their ideas flourish. For now, I am learning what it means to live more deeply in community, increasing my capacity by sharing what I have with others.

If there is one thing I have learned, it is this: sometimes the right yes finds you when you least expect it.

<https://flourishmentors.com/>