

P R E S S   R E L E A S E



*"Because of You, This is Me is a gut-punch of a memoir—raw, hilarious, and deeply moving. A must-read."*

*– Zara Janjua, presenter, journalist and writer*



**Because of You, This is Me**  
**The stories we tell, the stories we change and the power of everyday heroes**

By Jaz Ampaw-Farr

ISBN: 9781781352984

Price: £16.99

Published by: Independent Thinking Press

Date of publication: July 2025

**A raw, honest memoir-meets-manifesto that celebrates the everyday heroes in our schools and the life-changing impact they have on the students in their care.**

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**Multi-award-winning speaker, Jaz Ampaw-Farr celebrates the everyday heroes in schools and the profound impact they have on the students in their care**

In schools across the country, teachers are being pushed to their limits. They are tasked with not only delivering lessons but also providing comfort, protection, and support. For children growing up in poverty, facing instability at home, or suffering the effects of trauma, schools frequently serve as the final safeguard. Teachers are often the first to recognise when something is amiss and can make a profound difference in the lives of vulnerable students through their compassion and intervention.

One of Alan Sugar's former apprentices, Jaz Ampaw-Farr, is a multi-award-winning international speaker and self-described 'resilience ninja' whose enthusiasm is both infectious and hugely motivating. Growing up in poverty and neglected and abused by her parents, Jaz was destined to become a statistic. Her story was changed by five teachers who made a point of putting human connection first, despite the challenges of the education system.

Because of these five teachers, Jaz went on to become a teacher, writer and award-winning international speaker who engages educators and galvanises them into embracing the difference that they can make when they, too, put being a human first. Through celebration and provocation, she uses the transformative power of her own story to inspire the everyday heroes of education and is responsible for empowering millions of teachers with her record-breaking TED talk.

In her upcoming book, *Because of You, This is Me*, Jaz brings her signature blend of insight, inspiration and laughter to the page to celebrate the vital and transformative impact teachers have on the children in their care. It's easy to feel disillusioned in an exhausting education system, but Jaz's celebration of teachers is a tangible reminder that their small actions have a profound impact on the students in their care.

In this book, Jaz shares her story – often harrowing but always uplifting – to show how the everyday heroes in our schools can transform the lives of the children who need their help the most.

*Essential reading for all educators.*

**\*\*Trigger Warning:\*\*** This book addresses themes of child abuse and neglect, which may be upsetting or triggering for some readers. If you or someone you know has been affected by similar issues, please take care when reading and consider seeking support.

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*"An incredibly powerful book, deeply moving yet inspirational, deeply personal yet incisive in its analysis of the education sector. More than anything, it provides a voice and an insight into the lives of children in classrooms that are often unseen and misunderstood by educators and policymakers."*

**Professor Damien Page, Vice Chancellor, Buckinghamshire New University**

### About the author



**Jaz Ampaw-Farr** is a writer and an international speaker, and previously worked as a teacher, literacy advisor and stand-up comedian. Named "The British Oprah" by US audiences and three-time winner of Speaker of the Year, Jaz's raw honesty and humour have already inspired millions through her [viral TED talk](#) and headline keynotes for organisations from Google to Gucci. After cowriting and presenting the BBC spelling show, *Hard Spell Abbey*, Jaz also appeared as a candidate on *The Apprentice*.

### Articles and interviews available

Jaz is available for interview, expert comment or by-lined articles on a range of topics, such as:

- How five teachers saved my life
- Trauma-informed teaching: what every educator needs to know
- Supporting children from disadvantaged backgrounds
- 10% braver: a practical guide to overcoming adversity
- Why diversity in education is crucial
- Human-first leadership: lessons from an everyday hero
- Reclaiming your narrative



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