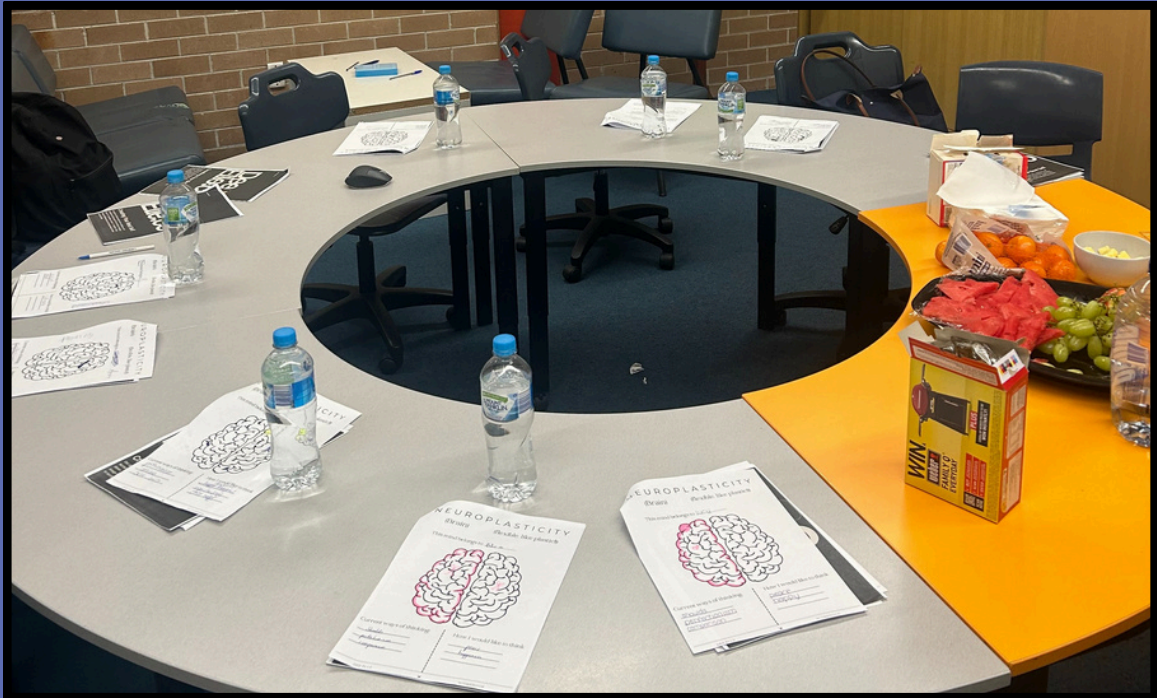


4 WEEK INTENSIVE BODY-IMAGE PROGRAM



Unlearning social media beauty standards and self-love development.

WEEKLY CONTENT



01 Core values, self-perception and experiences

02 Social media and the history of beauty standards

03 Neuroplasticity

04 Building self-confidence and self-belief

- Max 30 students per program

COSTS AND INCLUSIONS

2025 Program cost:

\$1500 + GST.

(+ Travel costs for schools
50km from Sydney CBD)



- ✓ Weekly workbook
- ✓ Inclusive learning and activities
- ✓ Dedication to enhance student wellbeing and self-perception

Next: Example worksheet, Week 3

NEUROPLASTICITY

(Brain)

(flexible, like plastic!)

This mind belongs to _____



Current ways of thinking:

How I would like to think

STUDENTS THOUGHTS AND NOTES!

