

redefining health

Dee Elle Co.



ABOUT



60 MINUTE PROGRAM



STAGE 4-6 STUDENTS

C R E A T I N G Y O U R B E S T S E L F

This 60 minute program is run by Keely, a graduate in psychology and passionate facilitator

The 'Creating Your Best Self' program is high energy and interactive program. Using both evidence based psychological theories and lived experience, the program ensures a lasting positive impact.

- Tackling negative body Image
- Social Media
- Beauty Standards
- Neuroplasticity
- Practical take away tools for students in everyday life



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More Information
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