



PROMOTING POSITIVE BODY IMAGE IN TEENAGERS WORKSHOPS

Ideal for Parents, Teachers, Counsellors and Health Professionals who wish to encourage positive body image.

A three part series of 90min workshops

Part 1. Body confidence in teenagers

Information for parents and professionals

This session covers all things body image, exploring the significant influences that impact a teenager's body confidence. The session aims to equip those caring for and working with young people with strategies to address negative body image and foster a positive and healthy home, school and youth environment.

Part 2. Self Esteem Booster

Turning low self esteem around

This session explores self esteem – what it is, how one comes to have low self esteem and how it is maintained. Learn how to challenge the rules and assumptions that keep negative core beliefs intact. The good news is that you can help teenagers take steps towards developing a more healthy self-esteem.

Part 3. Self compassion and mindfulness

This session will explore the concepts of self compassion and mindfulness and how teenagers and parents can benefit from these practices in their daily life. Topics covered will include extending kindness and understanding to oneself rather than harsh self-criticism and judgement and recognition that one's own experience is part of the common human experience.

Location: Suite 4/53 Pacific Highway, OURIMBAH, NSW, 2258.

Dates/Time: Thursday 5th, Thursday 12th, Thursday 19th May 2016. Starting at 6:30-8pm

Costs: \$66 (inc GST) per workshop or book to attend all 3 at \$165 (inc GST) and save \$33.

TO BOOK CALL: 43 623 443

Seats are LIMITED! Book in early to avoid disappointment. Payment due at time of booking.

Please call us for more information: 43 623 443



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