

YOUNG PEOPLE'S OUTREACH PROJECT
**SELF ESTEEM AND
BODY IMAGE**

Interactive Workshops

SEED is a small living thing, that if nurtured in the correct way, will eventually grow and bear fruit

S.E.E.D
SUPPORT AND EDUCATION FOR EATING DISORDERS

3 available packages delivered at your school!

1 Hour session:

This consists of an interactive educational workshop, focused around the effects of airbrushing in the media on self esteem and realistic expectations of body image.

2 Hour session:

This is a more in depth session, also looking at celebrities and individual attributes of each student.

Full day session:

This is the above two hour interactive workshop, also with a two hour dance and drama session in the afternoon, focusing on each individuals talents and gifts, whilst looking at peer support and enhancement of each other's self esteem.



For Further Details Please Contact:

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