

YOUNG PEOPLE'S OUTREACH PROJECT

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



SELF-ESTEEM AND BODY IMAGE INTERACTIVE WORKSHOPS

There are 3 available packages which can be delivered at your school:

1 Hour session - £150

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

Half-day session - £250

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

Full day session - £450

This is the above half-day interactive workshop, also with a 2 hour dance and drama session in the afternoon, focusing on each individual's 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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