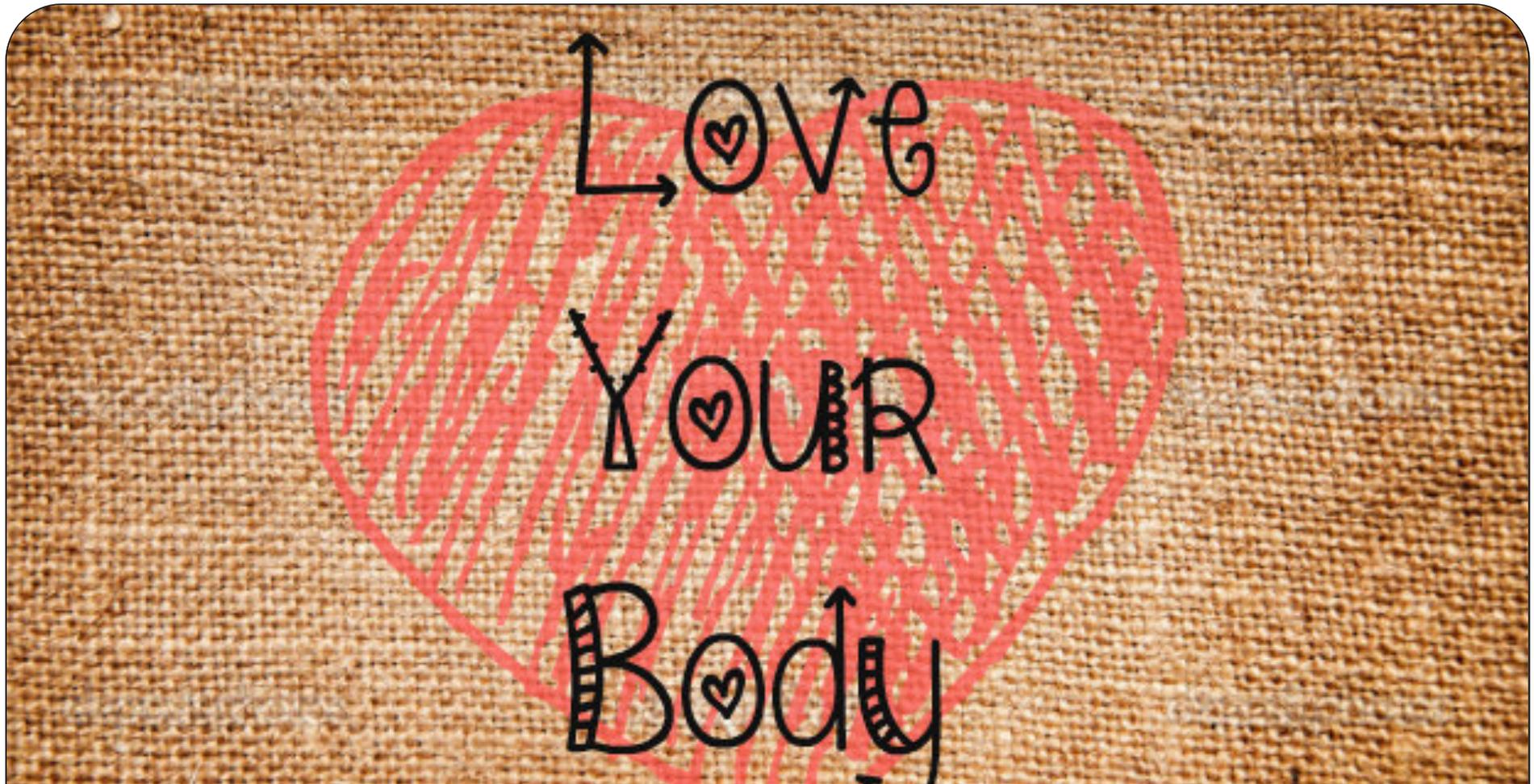


# GLAD TO BE ME!

A PERSONAL DEVELOPMENT WORKSHOP  
FOR KIDS ABOUT BODY IMAGE



## COMPELING REASON

**The importance of body image as a major influence on teenagers' mental health emerged as one of the key recommendations from Dáil Na nÓg 2010. Another key recommendation was to create a personal development workshops as a part of curriculum for primary and secondary schools**

# Objective

- The workshop addresses and counteracts this tendency by giving the participants practical tools and strategies to help them become fully functioning, well-grounded people.

“We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?”

Marianne Williamson





## Objective

The workshop will explain how the media images created and why they are unrealistic. While the vast majority of images are being digitally altered, so are the kids perceptions of normal, healthy, beautiful and attainable.

workshop will teach teenagers how to “read” and process the media messages they see every day. Also how improved body satisfaction, self-esteem, and critical-thinking skills.

# Topics will include

- Importance of Positive body image
- The truth about media images (how it's all done and why those images are not realistic)
- Self-acceptance (beauty is a state of mind)
- Importance of the posture, body language and self-talk
- How to make a healthy choice



# Testimonials



Naomi Richards, “The Kids Coach”, organiser of “BE conference” for kids and teens

Svetlana was one of the key speakers at the “BE conference” for kids and teenagers. After the evaluation forms were completed, Svetlana’s workshop came as the most valuable and helpful. Participants loved Svetlana’s approach and found the workshop not only enjoyable, but very informative as well. I am looking forward to work with Svetlana again in the near future.



# Testimonials



Aisling Roche, Guidance Counsellor, Loreto Abbey Dalkey

Svetlana is doing "GLAD TO BE ME" workshops with our TY students for four years. Students are very happy to participate; the workshop is fun and very useful. It helps girls to understand and appreciate their bodies; also teaches them about their uniqueness and shows them how to read the media messages.



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