



YOU ARE YOU & THAT IS YOUR SUPERPOWER!

WHAT MAKES ME, ME

List 3 things that you genuinely love about yourself

I AM CAPABLE OF OVERCOMING CHALLENGES

What was the challenge, how did you overcome it?

SELF-LOVE ACT

This week, I will practice self-love by...

SELF-LOVE AFFIRMATION

I admire/ I love/ I will/ I am/ I can...



Bloom From Within

Girls self confidence program

Bloom From Within's programs teach skills and strategies to improve the overall confidence of girl's, thereby increasing their participation in school and life. Our programs are written & delivered by a teacher and approved by a psychologist.

Content Covered;

- Sense of Self
- Body Image
- Positive Mindset Set
- Self-Management Strategies

Curriculum links;

Stage 3 PD3-1, PD3-3, PD3-7, PD3-9
Stage 4 PD4-1, PD4-2, PD4-9, PD4-10
Stage 5 PD5-6, PD5-7, PD5-9



"It was inspiring to see our students gain confidence and learn to embrace their individuality."

~ Teacher feedback

90% of Bloom From Within students recorded having improved self confidence.



Contact us



info@bloomfromwithinprogram.com



bloomfromwithinprogram.com



[_Bloomfromwithin_](https://www.instagram.com/Bloomfromwithin)



[BloomfromWithin](https://www.facebook.com/BloomfromWithin)