

Bloom *from* within

SELF CONFIDENCE SCHOOL PROGRAM

Bloom From Within is an educational program that empowers teen girls to feel confident in themselves, their bodies and make informed decisions that positively impact their wellbeing.

Bloom From Within is presented by Brooke Tilyard, an experienced teacher and female empowerment coach. Our program is research based and aligns with the NSW Australian Curriculum and Australian Education Wellbeing Framework.

Our program is PDHPE Specialist Teacher and Undergraduate psychologist approved.

It includes the following content;

- Developing a Strong Sense of Self, Positive Body Image, a Positive Mindset Set, Self Care Habits, Establishing Healthy Boundaries and Developing Self-Management Strategies for Stress & Anxiety.

Outcomes covered;

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

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



Increased Engagement & Confidence

“Wellbeing and a strong sense of connection, optimism and engagement enable children to develop a positive attitude to learning”

~ DET 2009, p. 10

ADDRESSING BODY IMAGE CONCERNS IN SCHOOLS

35% of females ages 11-24 years are dissatisfied with their appearance.



Over a third (37%) admitted that their body image stopped them from participating in physical activity or sport quite a bit or all of the time.

More than a third (36%) confirmed their body image stopped them from giving an opinion or standing up for themselves.



Our program provides students with ongoing support to implement strategies that will increase self and body confidence so they feel comfortable contributing in class and society.

IMPROVING ENGAGEMENT AND PERFORMANCE



1 in 2 (50%) young people said that how they view their body has prevented them at some point from raising their hand in class

Improving a student’s wellbeing index by one standard deviation can result in an approximate 5% improvement in their expected NAPLAN numeracy scores between years 7 and 9 (Cárdenas et al. 2022).



Research shows us that students with a greater level of wellbeing are more likely to achieve improved academic outcomes.



“The Bloom From Within Program provided an engaging and transformative opportunity for my students to build confidence and strengthen their sense of self.”

TEACHER TESTIMONIAL

Body Acceptance & Self Confidence Program

- ✓ Teacher Written & Delivered
- ✓ PDHPE Specialist Teacher & Psychology Undergrad Approved
- ✓

STAGE 3 - SHINE WITHIN

Duration: 4hrs

Cost: See price guide

PART 1

- Sense of Self - Identity, Values & Respecting Differences
- Mindset - Fixed vs Growth Mindset, Thinking Cycle, Positive & Negative Thoughts, Positive Self Talk & Gratitude

PART 2

- Body Image - Building Self-Awareness, Media Literacy, Embracing Body Diversity
- Self Management - Understanding Self-Care, Managing Emotions, Building Healthy Habits



K-12 Schools

STAGE 4 - EMPOWHER

Duration: 4hrs

Cost: See price guide

PART 1

- Sense of Self - Identity, Values, Introduction to Beliefs & Peer Pressure on Identity
- Mindset - Fixed vs Growth Mindset, Thinking Cycle, Positive & Negative Thoughts, Positive Self Talk With Reframing Thought & Gratitude

PART 2

- Body Image - Exploring Body Image, Media Literacy, Addressing Social Pressures and Comparisons & Promoting Body Neutrality and Self-Compassion
- Self Management - Understanding Self-Care, Managing Stress & Emotions, Healthy Boundaries & Social Self-Care



STAGE 5 - CULTIVATING CONFIDENCE

Duration: 4hrs

Cost: See price guide

PART 1

- Sense of Self - Identity, Values, Beliefs, Navigating Internal vs. External Identity & Finding Purpose and Direction
- Mindset - Fixed vs Growth Mindset, Thinking Cycle, Positive & Negative Thoughts, Positive Self Talk, Reframing Beliefs and Thoughts & Gratitude

PART 2

- Body Image - Understanding Body Image, Media Literacy, Social Pressures and Influences, Exploring Body Neutrality and Self-Compassion & Navigating Diet Culture and Fitness Trends
- Self Management - Managing Stress and Emotional Well-Being, Mental Health Awareness, Balancing Self Care & Healthy Relationships & Social Self-Care

All students receive a journal

Bloom From Within taught me that not everything I see on social media is real and that it's important not to compare my self or body to what I see online.

STUDENT TESTIMONIAL

Bloom
FROM WITHIN
SELF CONFIDENCE SCHOOL PROGRAM



Testimonials

WHAT TEACHERS AND STUDENTS ARE SAYING ABOUT BLOOM FROM WITHIN

“This program even had our quiet students excited and talking!”

TEACHER FEEDBACK

“It was inspiring to see our students gain confidence and learn to embrace their individuality through the Bloom From Within program.”

TEACHER FEEDBACK

“Brooke creates such a safe space that allows you to speak your mind and ask questions.”

STUDENT FEEDBACK

“I can’t believe how engaged our Stage 5 girls are in the program.”

TEACHER FEEDBACK

“I didn’t realise that people were editing themselves to look perfect on social media. Now I have this knowledge, I will be more mindful when I am scrolling.”

STUDENT FEEDBACK

Meet Brooke

Brooke is the founder of Bloom from Within, a passionate primary school teacher and self confidence educator. Brooke believes that all girls deserve to feel confident in their bodies and themselves, and have the knowledge and skills to care for their wellbeing.

“It’s time we create change within our society and empower our teenage girls to feel confident in themselves and their bodies.”

Brooke has worked with students and young women for over 10 years and is dedicated to empowering students to feel confident in themselves and their bodies.

**“I absolutely loved today!
Every girl needs to participate in
Bloom From Within.”**

Student Testimonial

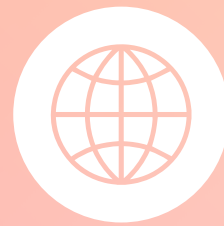
Brooke Tilyard
Founder of Bloom From Within
Teacher & Self Confidence
Educator



Contact us



info@bloomfromwithinprogram.com



www.bloomfromwithinprogram.com



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



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