

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 psychologist and social worker 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

Self-perception is important to the success of our students

45% of young people are dissatisfied with the way their body looks

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

~ Butterfly Foundation

Brooke Tilyard

Passionate primary school teacher and female empowerment coach educating girls to feel confident in themselves and accept their body.



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.

She's honestly a different girl, her mindset is so positive and she's excited about going to school.

Parent Feedback

BODY ACCEPTANCE & SELF CONFIDENCE PROGRAM

SESSION ONE - DEVELOPING A STRONG SENSE OF SELF

- Develop a strong connection to self
- Explore personal identity; values, strengths, interests and uniquenesses
- Make connections between personal identity and body image, and how this can impact mental health.

SESSION TWO - DEVELOPING A POSITIVE MINDSET SET

- Identify feelings and emotions associated with challenging thoughts
- Develop strategies that enable the individual to manage their thought or change their perspective of the situation.

SESSION THREE - DEVELOPING POSITIVE BODY IMAGE

- Identify the impact that social media messaging can have on an individual's perspective of self
- Recognise the authenticity of content on social media
- Develop strategies to support positive body image.

SESSION FOUR - SETTING BOUNDARIES

- Understand the importance of healthy relationships with oneself, others and social media
- Develop an understanding of how to effectively implement and communicate boundaries.

SESSION FIVE - DEVELOPING SELF CARE HABITS

- Explore proactive approaches to mental health and wellbeing
- proactive approaches to mental health and wellbeing

SESSION SIX - MANAGING STRESS & ANXIETY

- Develop strategies that will support individuals to manage their stress and anxiety during challenging times
- Explore the role of physical exercise and relaxation as effective stress management strategies and build skills that will foster better self-management.

✓ Teacher Written & Delivered ✓

✓ PDHPE Specialist Teacher, Psychologist & Social Worker Approved ✓

PROGRAM OPTIONS

6 WEEKS – WEEKLY SESSIONS

Adapted to suit - Years 5 -12 **Cost** - \$25 per student **Duration** - 6 x 60 minute sessions

Includes;

Session one - Developing a Strong Sense of Self

Session two - Creating a Positive Mindset Set

Session three - Building Positive Body Image

Session four - Building Self Care Habits

Session five - Setting Boundaries

Session six - Managing Stress & Anxiety

Student Journal Provided

ALTERNATE DELIVERY

Adapted to suit - Years 5 -12 **Cost** - \$25 per student **Duration** - Contact to arrange

Includes;

Session one - Developing a Strong Sense of Self

Session two - Creating a Positive Mindset Set

Session three - Building Positive Body Image

Session four - Building Self Care Habits

Session five - Setting Boundaries

Session six - Managing Stress & Anxiety

Student Journal Provided

WELLNESS WORKSHOP

Adapted to suit - Years 5 -12 **Cost** - \$20 per student **Duration** - 4hrs

Select 4 of the following;

Session one - Developing a Strong Sense of Self

Session two - Creating a Positive Mindset Set

Session three - Building Positive Body Image

Session four - Building Self Care Habits

Session five - Setting Boundaries

Session six - Managing Stress & Anxiety

Student Journal Provided

So happy we were put in your path, you've been amazing for her, after only 3 sessions I can see a huge change in her already!

Parent Feedback



BROOKE TILYARD

Brooke is the founder of Bloom from Within, a passionate primary school teacher and female empowerment coach. 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 5 years and is dedicated to empowering students to feel confident in themselves and their bodies.

Brooke’s program is needed in schools, so many girls would benefit from it.

Parent Feedback

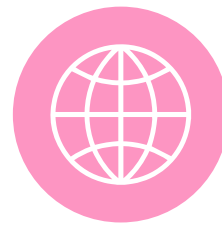
Brooke Tilyard
Female Empowerment Coach
Primary Teacher



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