

# Bloom

*from* within

## SELF CONFIDENCE EDUCATION

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 approved.

It includes the following content;

- Developing a Strong Sense of Self
- Body Image & Social Media
- Positive Mindset Set
- Self-Management Strategies

Outcomes covered;

**Stage 2** PD 2-1, PD 2-2, PD 2-3, PD 2-5

**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

## 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.**



# SELF CONFIDENCE EDUCATION PROGRAM

Primary Program

Written & Presented by a NSW Teacher



Psychologist Approved



## STAGE 2 - BLOOM

Duration: 4hrs

Cost: See price guide

### Part 1

#### Sense of Self

Interests, personality, culture & values

#### Mindset

Thinking cycle, helpful & unhelpful thoughts, reframing thoughts

### Part 2

#### Body Image

Body appreciation, media literacy - edited vs unedited advertising

#### Self-Management

Emotions & feelings, healthy relationships, setting boundaries



## STAGE 3 - SHINE WITHIN

Duration: 4hrs

Cost: See price guide

### Part 1

#### Sense of Self

Interests, personality & values, respecting differences

#### Mindset

Thinking cycle, helpful & unhelpful thoughts, reframing thoughts

### Part 2

#### Body Image

Exploring body image & body appreciation, media literacy - edited vs unedited social media posts

#### Self-Management

Understanding, communicating & managing feelings & emotions



All S3 journals provided  
All S2 resources provided

High School Program





# SELF CONFIDENCE EDUCATION PROGRAM

High School Program

Written & Presented by a NSW Teacher



Psychologist Approved



## STAGE 4 - EMPOWHER

Duration: 4hrs

Cost: See price guide

### Part 1

#### Sense of Self

Personality, values, beliefs & peer pressure on identity

#### Mindset

Thinking cycle, helpful & unhelpful thoughts, reframing thoughts

### Part 2

#### Body Image

Body image, reframing unhelpful body thoughts, social media literacy - edited vs unedited

#### Self-Management

Emotions & feelings, healthy relationships, setting boundaries



## STAGE 5 - CULTIVATING CONFIDENCE

### Part 1

Duration: 4hrs

Cost: See price guide

#### Sense of Self

Understanding identity, personal values & belief systems, external influences on our identity

#### Mindset

Thinking cycle, helpful & unhelpful cycles, reframing thoughts & beliefs

### Part 2

#### Body Image

Body image thoughts & beliefs, social media & its impact on our perception of self, body & life.

#### Self-Management

Healthy relationships, boundaries, stress & anxiety management

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

All students receive a journal





# Testimonials

What Teachers, Students & parents 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

"I love how safe Brooke made me feel, I could open up which helped me discover my self worth and self confidence."

1:1 Student Feedback

"I can't believe how engaged our Stage 5 girls are in the program."

Teacher Feedback

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

Student 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

"I love how she has become so much more confident in herself, her mindset has changed for the better after working with Brooke."

Parent Feedback



# Meet Brooke

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

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.

"No student deserves to be held back by their lack of confidence."

"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



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