

Bloom

from within

SELF CONFIDENCE EDUCATION

Bloom From Within is an educational program that empowers teen girls to achieve self-confidence, a positive body image and the knowledge to 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 and Australian curriculums as well as the 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

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



Increased Engagement & Confidence

ADDRESSING BODY IMAGE CONCERNS IN SCHOOLS

- ! 90.9% of young people aged 12-18 reported some level of body dissatisfaction (2024 BodyKind Youth Survey).
- ! 57.2% reported social media made them feel dissatisfied about their body (2024 BodyKind Youth Survey).
- ! 38.6% confirmed their body image stopped them from giving an opinion or standing up for themselves (2024 BodyKind Youth Survey)
- ✦ **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

- ! 50% young people said that how they view their body has prevented them at some point from raising their hand in class (2024 BodyKind Youth Survey).
- ! 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

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

Outcomes: PH2-RRS-01, PH2-RRS-02, PH2-SMI-01



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

Outcomes: PH3-RRS-01, PH3-RRS-02, PH3-SMI-01



All S3 journals provided
All S2 resources provided

High School Program

Written & Presented by a NSW Teacher

Self Confidence Education Program

High School Program

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

Outcomes: PH4-SMI-01, PH4-RRL-01, PH4-IBC-01



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

Outcomes: PH5-SMI-01, PH5-RRL-01, PH5-IBC-01

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

Written & Presented by a NSW Teacher



Education



Body Image & Social Media Presentation

PRIMARY PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

Bloom - Years 3 & 4

Body Image

Understanding the thinking cycle, recognising helpful & unhelpful thoughts, reframing thoughts, promoting body appreciation.

Social Media

Protecting personal information on social media, recognising edited vs unedited images, online protective strategies & boundaries.

Outcomes: PH2-RRS-02

Shine Within - Years 5 & 6

Body Image

Understanding the thinking cycle, recognising helpful & unhelpful thoughts, reframing thoughts, body image & acceptance.

Social Media

Recognising edited vs unedited images, online protective strategies & boundaries reporting online negative, harmful or unsafe situations.

Outcomes: PH3-RRS-02



SENIOR PRESENTATIONS

Duration: 2hrs
(per presentation)

Cost: See price guide

EmpowHer - Year 7 & 8

Body Image

Recognising their thinking cycles, recognising unhelpful thoughts & reframing, identifying limiting beliefs, body image & acceptance.

Social Media

Recognising edited vs unedited images, online protective strategies & boundaries, recognising the impact social media can have on self perception.

Outcomes: PH4-RRL-01, PH4-SHW-01

Cultivating Confidence - Year 9 & 10

Body Image

Applying knowledge of the thinking cycle, identifies and reframes unhelpful thoughts & limiting beliefs, body image & external factors influencing self perception

Social Media

Recognising edited vs unedited content, online protective strategies for self-esteem & self-worth, fostering safe, inclusive and positive online experiences.

Outcomes: PH5-SMI-01, PH5-RRL-01

All students receive a journal

Written & Presented by a NSW Teacher

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."

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

"There's a very powerful message for our girls - you are enough. We have already rebooked Brooke."

Teacher 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



info@bloomfromwithinprogram.com



bloomfromwithinprogram.com



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



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