

# 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;

- Body Image & Social Media
- Positive Mindset Set

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.**



# 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



NSW  
GOVERNMENT

Education



# 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



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