

The Body Conversation

STUDENT WORKSHOP BROCHURE



**Discussions and education to empower
kids to be confident in their body**

www.thebodyconversation.co.uk

The Why

By opening up the conversation around body image and sharing my story, I hope to give courage to students to speak up if they are battling with their body image.

I'm on a mission to equip students with inspiring and motivational practical tools to help them feel more confident in their bodies.

Our Mission

To help teenage girls feel supported, educated and confident on how to positively nurture the relationship with their body. To build a team of teen body confident advocates.



Our Values

Every girl is unique and different and deserves to feel happy in their body. We advocate positive body conversations, body diversity and celebrating one another.

Our Goal

To change the lives of as many girls as possible by providing them with the tools, tips and resources to feel accepting and confident in the body they are in.



The Student Sessions:

Transformative workshops providing girls with insightful perspective shifts for how they see themselves.

We aim to ignite their body acceptance, reframe their negative beliefs and positively re-shape the relationship they have with their body.



HOW?

By teaching them how to shift their self-talk, let go of comparison, positively use social media and how to use their body language to give them confidence.



What's Included:

- 45 – 90 minute workshop either in person or online
- Tailored content to the specific year group
- Interactive activities and discussions
- Aftercare resources, handouts and relevant signposting
- Topics covered are current and impactful.
- Helpful and diverse resources: Worksheets, journal prompts, display posters and stickers.
- Tools to equip them for life.



Pricing:

In Person

1x Workshop

45 minutes - £399

60 minutes - £450

90 minutes - £575

Online

1x Workshop

45 minutes - £299

60 minutes - £350

90 minutes - £399

*For more than one booking a 10% discount will be applied.

*Discounted online parent webinar for every booking.

To Book:

Email: tallulah.ohea@gmail.com

FAQs

What is a student body confidence workshop?

The Body Conversation Workshops are designed to help students build a positive body image, improve self-esteem, and develop confidence in themselves, regardless of societal or media standards.

Why is teaching about body acceptance important?

Body acceptance is crucial for mental health and well-being, especially for pre-teen and teen girls who are at a vulnerable age of being manipulated by what they consume in their external environment (social media, advertising, parents, peers) about 'how they should look'.

Learning about body acceptance helps girls feel comfortable in their own skin, reduces anxiety and depression and allows them to focus on really accepting their uniqueness and differences and celebrating their talents and goals rather than their appearance.

What will student's learn in a body confidence workshop?

The Body Conversation Workshops include topics such as understanding body image, combating negative self-talk, media literacy, self-care strategies, and building a positive relationship with food, exercise, and appearance.

Are these workshops inclusive of different body types and identities?

Yes, all our workshops strive to be inclusive of all body types, genders, and backgrounds. We promote diversity and self-acceptance across all groups.

Will students have to talk about their body or personal issues?

Participation levels vary by comfort. While discussions may be encouraged, students are not forced to share personal experiences unless they feel comfortable doing so.

How can the workshops help the students in everyday life?

The workshops provide tangible tools for self-compassion, self-acceptance, help reduce feelings of inadequacy, and equip students with techniques to handle societal pressures around body image. We believe they will improve confidence, self-esteem, mental health and social interactions.

How do your workshops address social media's impact?

All our workshops include media literacy components, teaching students how to critically evaluate images and messages on social media, identify unrealistic standards, and reduce comparison.

What activities are usually part of a body confidence workshop?

Common activities include group discussions, journaling, role-playing exercises, art projects, mindfulness exercises, and presentations on body positivity and self-care.

Will attending a workshop improve students confidence?

While one workshop might not completely change their confidence, it can provide valuable insights, coping tools, and the foundation for ongoing personal growth. Long-term improvement usually comes from applying the lessons learned consistently

What age group is this workshop best suited for?

All age groups! The workshops can be tailored to different age groups such as pre-teens, teens, or young adults, depending on the specific needs of the students.

How do these workshops address issues of bullying or negative comments?

The workshops provide strategies for managing and responding to body shaming, bullying, or negative comments from peers, teaching students how to maintain resilience and self-acceptance in the face of criticism.

Can these workshops help with eating disorders or other body-related issues?

While they can be a supportive resource for students struggling with body image, they are not a substitute for professional counselling.

Students dealing with eating disorders or severe body-related issues are encouraged to seek further help from mental health professionals. (Referral resources are below).



Do you have any other questions?

Please email me at tallulah@thebodyconversation.com and I can answer and further questions or enquires you have, plus point you in the direction of any further resources not listed on the next page.

RESOURCES



CHARITIES

BEAT: <https://www.beateatingdisorders.org.uk>

YOUNG MINDS: <https://www.youngminds.org.uk>

FIRST STEPS: <https://firststepsed.co.uk/services-and-support>

BEENTHERE: <https://beenthereapp.com>

PLACE2BE: <https://parentingsmart.place2be.org.uk>

EATING DISORDER SPECIALIST

Lauren Aron: <https://www.thehopespace.co.uk>

TEEN PUBERTY & PERIOD EXPERT

Tara Ghosh: <https://taraghosh.com>

CHILD DIETICIAN

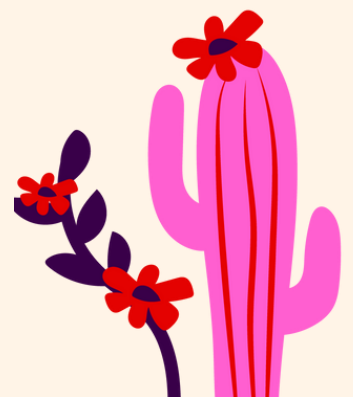
Aleeza Rosenberg: <https://www.aleezarosenberg.co.uk>

Maja Berry at Bluebird Centre: <https://thebluebirdcentre.com/about/>

Bethany Francois - TCN Clinic

PEER LED SUPPORT

WE THRIVE: <https://we-thrive.org.uk>





The **Body Conversation**

CLASSROOM RULES

Be respectful. Treat everyone kindly.



No judgement of others.

Be kind and inclusive to everyone.

Speak nicely about your friends.

No bullying or body shaming.

Don't comment on appearance.

Be YOU.

