



www.selflovebeauty.com

JANUARY 2020

TAKING CARE OF YOUR MIND & BODY

Self Love Beauty's Adult Workshop



ABOUT PROGRAM

Overall

Each of the workshops will focus on one of the following:

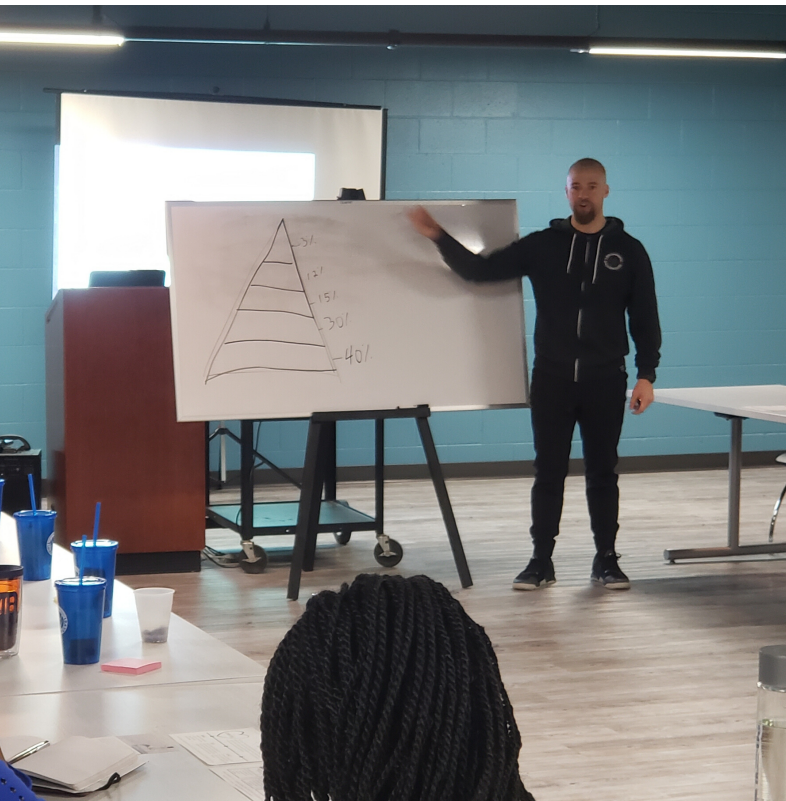
- Taking care of your body and mind
- Boosting self-esteem and confidence
- Discovering passion, purpose, and goals

Through our workshops, we are helping to bridge the gap in confidence for all generations. When an adult learns these skills, they feel more confident in who they are and therefore provide a positive ripple effect into their lives and communities.

Taking care of your mind & body workshop

More than 35 people attended this 4-hour workshop that focused on:

- Surviving to Thriving
- Unleashing the Power of Positivity
- Hierarchy of Nutrition & Daily Disciplines
- How to move from a fixed mindset to a growth mindset



OUTCOMES OF THIS PROGRAM

42%

Increase in how to practice mindfulness and apply it throughout my day

43%

Increase in what a growth mindset is and knowledge on how to change your mindset

21%

Increase in knowledge on the importance of taking care of your health and how it correlates to time and energy

17%

Increase in knowledge on how to think positive thoughts

21%

Increase in knowledge on how social and emotional skills to positively impact my life and career

88%

Increase in knowledge on who Self Love Beauty is and what they teach



This was a workshop that focused on all aspects of health and there is so many good actionable steps that I was able to walk away with.



This course helps you to become more positive, love yourself and live your best life!

Great workshop leaders who are very knowledgeable and learning about a community approach to having a better life.



I would say I learned many different strategies on how to be mindful of who I am and my emotions that will help me on a journey to loving myself more.

It is always a good reminder that you are not alone in common struggles and that there are resources and support available.

