



Beauty From Within Programs

These sessions will develop self awareness on how to nurture a healthy self esteem equipped with the necessary tools that allow for growth, resilience, self acceptance and self love. It is hoped that throughout this program each person will view their unique selves from the perspective that their inner beauty shines through as true beauty.

Teenage Girls (13-17 years)

A seven week creative and interactive program to explore topics in a one on one session, face to face or online.

We will explore:

- Who am I?
- My relationships - family and friends
- My health and body
- My emotions
- My interests
- My strengths / My challenges
- Ways I strive to be my BEAUTIFUL self

Programs consist of seven 1 hour weekly sessions for \$350.



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Women 45+

A seven week creative and interactive program for women aged 45+ to explore topics in a one on one session, face to face or online.

We will explore:

- Who am I NOW?
- Ways I love and accept myself
- My relationships - family and friends
- My health and body
- My emotions and well being
- My strengths / My challenges
- Ways I strive to be my BEAUTIFUL self

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