

WORKSHOP

creating a shift in how girls see themselves, others and the world.

HOW TO... Courageously choose real everyday

and know we are more than enough.

BE BRAVE · BE YOU · BE FREE

We are passionate about providing **RELEVANT, PROVEN, ENGAGING RESOURCES** that **EQUIP** and **EMPOWER** GIRLS TO **FLOURISH IN LIFE.**

And we'd love to **CREATE LASTING IMPACTS WITH YOU!**



TRANSFORMATIONAL WORKSHOP

ChooseREAL Workshop empowers girls/women to powerfully shift their perception of their self and others, giving them self-confidence, alleviating low self-esteem and it's damaging impacts.

It is designed to help girls create immediate and lasting breakthroughs in their limiting beliefs, negative self-talk, mindsets, and develop tools to endure and thrive through ongoing pressures and life's challenges.

IMPACT COST

INTERACTIVE WORKSHOP + PRACTICAL BREAKOUT SESSIONS + TANGIBLE TAKE-HOME TOOLS

- **2HR WORKSHOP = \$35PP**
- **FULL DAY WORKSHOP = \$50P**
Includes Pop-Up Activations + Additional Empower Workshops

* prices may vary based on number of girls/women & location of workshop.

A FEW STORIES OF IMPACT

"I really needed this! Thank you, it was so so helpful. It's changed my life. Really, it was the best!"

"Thank you for what you are doing. This is such a vital message and I desperately needed to hear it. You are giving me hope and the tools to create change."

"I've never heard anything like this before, every girl and women needs this. It's life-changing. Super interactive. So practical. So engaging."

"It's many months after the ChooseREAL Workshop at our school and I continue to have parents coming up to me in the playground, speaking about the impact that the ChooseREAL Workshop had on their girls."

MENTAL HEALTH RESOURCES FOR GIRLS/WOMEN

WORKSHOP ADD ONS:

Included in full day or added for half day experience:

- **EMPOWER WORKSHOPS** | 30mins | \$200 | can customise
- **ACTIVATIONS** - Gold Foil Tattoo Booth, Selfie Station + | \$100

GIFTS / GIVAWAYS - beautiful gifts/prizes - additional reminders of our worth and value - contact us for bulk price breakdown

TOGETHER, WE CAN CREATE A SHIFT IN OUR CULTURE OF **TRUE ACCEPTANCE** (OF OURSELVES & OTHERS)

contact us today

WE WOULD LOVE TO SUPPORT THE AMAZING WORK YOU DO!