



ESTEE M DESIGNZ
CREATE · EMPOWER · INSPIRE



equipping and empowering girls
TO FLOURISH IN LIFE



MENTAL HEALTH RESOURCES FOR GIRLS

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

We'd love to **CREATE LASTING IMPACTS WITH YOU!**

WHY IS THIS IMPORTANT?

THE PROBLEM: GIRLS BELIEVE, "I AM NOT ENOUGH!"

70% of girls BELIEVE they are not good enough or don't measure up in some way.*

75% of girls SUFFERING FROM LOW SELF-ESTEEM are engaging in self-destructive behaviours, depression, disengagement & even suicide.

LOW SELF-ESTEEM IS a thinking disorder in which an individual views herself/himself as inadequate, unlovable, and/or incompetent. Once formed, this negative view permeates every thought, producing faulty assumptions and ongoing self-defeating behaviour.

WE MUST BREAK THIS CYCLE.

ChooseREAL Campaign is a **GLOBAL MOVEMENT AND COMMUNITY -**

ENCOURAGING GIRLS AND WOMEN TO STAND TOGETHER -

and embrace and celebrate their **REAL** identity and value, and confidently live the life they **CHOOSE.**

Together we can create a shift in our culture of true acceptance of ourselves and each other.

* Real Girls, Real Pressure: A National Report on the State of Self-Esteem, commissioned by the Dove® Self-Esteem Fund

LET'S EMPOWER TOGETHER

We'd love to **STAND WITH YOU** to **SUPPORT** the **MENTAL HEALTH AWARENESS, INTERVENTION** and **PREVENTION** for our girls.

>> OUR IMPACT RESOURCES <<

CHOOSE REAL WORKSHOP <<

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

ChooseREAL Workshop empowers girls 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.

BE BRAVE . BE YOU . BE FREE

ESTEEM DESIGNZ PROGRAM <<

FACILITATOR'S RESOURCE MANUAL + GIRL'S RESOURCE KITS

Esteem Designz is a nationally implemented mental health resource building self-esteem, identity and confidence in girls - all through creativity.

Esteem Designz aims to be a solution to the ever-increasing issues and confronting pressures girls are facing, providing fun, interactive and meaningful Design Projects and activities to resource schools/ organisations and individuals to engage, equip and empower girls.

CREATE . EMPOWER . INSPIRE

MONTHLY BUNDLE OF CHOOSE REAL GOODIES <<

EMPOWERING GOODIES FOR THE JOURNEY

Digital goodies sent directly to your inbox every month to empower you in the journey - printable posters, wallpapers, tool sheets, resources and more.

CHOOSE REAL MERCHANDISE <<

HAVE THE MESSAGE | BE THE MESSAGE

Beautiful tangible tools and reminders of our worth and value. Gifts to empower. Tees, prints, encouragement cards, gold foil tattoos ++

HOST YOUR OWN EVENT <<

RESOURCES FOR ANYONE TO EMPOWER THOSE AROUND THEM

Bring the choose real message to your community by creating your own event. We have created step-by-step instructions, each with resources and downloadables, to make running a DIY ChooseREAL Event stress-free and all about the impact.

ONLINE SUPPORTIVE COMMUNITY <<

Standing together - social media + website - sharing stories of courageously choosing REAL everyday + encouragements, insights, tools, resources ++

**EMPOWERING
GIRLS/WOMEN TO
CONFIDENTLY
BE ALL
THEY CAN BE
AND REACH
THEIR FULL
POTENTIAL**

*Together we
can do
so much more!*

**WE WOULD ABSOLUTELY LOVE TO STAND TOGETHER
WITH YOU TO MAKE LASTING IMPACTS IN THE
SELF-ESTEEM AND MENTAL HEALTH OF OUR GIRLS**

A FEW STORIES OF IMPACT

"Through Esteem Designz I discovered more about myself and learnt to trust and believe in who I am. Through the awesome projects I now know that I can cope with anything and learnt really helpful ways to deal with life..."

"I really needed this! Thank you, it was so so helpful. ChooseREAL Workshop has 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."

**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!**

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