



ESTEE M DESIGNZ
CREATE · EMPOWER · INSPIRE



standing with you TO IMPACT MENTAL HEALTH

OCTOBER = MENTAL HEALTH MONTH

And we'd love to **STAND WITH YOU** to **SUPPORT MENTAL HEALTH AWARENESS, INTERVENTION** and **PREVENTION**.

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

We'd love to **CREATE IMPACTS TOGETHER!**

WHY IS THIS IMPORTANT?

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

Meet Erin – yr6, told Ruth, "the popular girls said I HAVE to change my hair, clothes and personality if I want to fit in".

She had no idea how unique and valuable she was and was willing to trade in her REAL identity for what she thought she "HAD" to be.

Unfortunately this story isn't rare.

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.

WE MUST BREAK THIS CYCLE.

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

equipping and empowering girls TO FLOURISH IN LIFE

EXCLUSIVE MENTAL HEALTH OFFERINGS FOR YOU

All activated when you order Esteem Designz or ChooseREAL Workshops between now-oct 31st*



DIGITAL BUNDLE OF CHOOSEREAL GOODIES – printable posters, wallpapers, tool sheets and resources to empower you in the mental health journey



10% OFF ESTEEM DESIGNZ KITS – a mental health resource building self-esteem, identity and confidence in girls – all through creativity. Kits are ready to go + easy to use.

* Discount applies to orders of 10+ kits



10% OFF INTERACTIVE CHOOSEREAL WORKSHOP + TANGIBLE TOOLS – empowers girls to powerfully shift their perception of their self and others, and develop tools to endure and thrive through ongoing pressures and life's challenges.

* Discount applies to workshops of 40+ girls



PROFILING / PROMOTING YOU AND YOUR IMPORTANT WORK – on our socials + email – spreading the word of mental health together



DISCOUNT CODE FOR CHOOSEREAL MERCH EXCLUSIVE TO YOUR TRIBE – tangible tools and reminders of our worth and value. Tees, prints, encouragement cards, gold foil tattoos ++



10% OFF OUR 'HOST YOUR OWN EVENT' RESOURCES – resources for anyone to empower those around them



SHARE WITH US – we'll send you ready to go images + content to encourage your networks. We've also got our printable selfie blackboards too - **TAKING A STAND THAT WE ARE ALL MORE THAN ENOUGH, JUST AS WE ARE.**

WE WOULD ABSOLUTELY LOVE TO STAND TOGETHER WITH YOU TO MAKE LASTING IMPACTS IN THE MENTAL HEALTH OF OUR GIRLS

YOUR CODE: MENTAL-HEALTH-MATTERS

contact us today

Together we can do so much more!

WE WOULD LOVE TO SUPPORT THE AMAZING WORK YOU DO!

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