

# Body Confidence Acceptance & Positivity For Tween and Teen Girls



## LEARN TO LOVE YOURSELF

- Group Coaching
- Fitness Training
- Coping Skills
- Healthy Eating Tips
- Food & Mood Link
- Self-Confidence
- Body Positivity

This is an on-going group. Participants can join at any time as space allows. Space is limited to 8 people.

\$75 per session  
includes all materials



## Physically & Mentally Strong

Young girls should grow up feeling confident about who they are on the inside as well as on the outside. Many girls get their ideas about self-confidence and body image from external influences including societal values, peers, and social media. They are constantly bombarded with altered images of perceived “perfection” often telling them who they are is not good enough. Building a positive self-image is a good way to counteract this negative stream of images they are encouraging unfair comparisons. Anxiety about low body confidence and self-esteem has been linked to poorer concentration, less engagement in the classroom, and difficulty trying new experiences. This workshop is developed to make a positive impact on improving self-acceptance, confidence, and body positivity.

### Location and Contact Information:

700 Old Roswell Lakes Parkway  
Suite 130 - Roswell, GA 30076

Contact Alison Kelly @ 404-386-6130 or email  
alison@kellycounselingandcoaching.com for group  
dates and times.

[www.TheCenterForTeenAndFamily.com](http://www.TheCenterForTeenAndFamily.com)

# Body Confidence and Positivity Group Approach

Research shows that 80% of girls admit to opting out of important everyday activities, such as engaging with friends or loved ones because of concern about their abilities and appearance. This workshop explores how society and social media promotes an unrealistic “ideal” body and teach strategies to build self-confidence in oneself.

## Objectives:

- Discover the effects of social media on self-esteem
- Learn how to feel good about your body
- Increase awareness of distorted thinking and beliefs
- Encourage an acceptance of self and appearance
- Foster an understanding of body positivity
- Recognize the connections between food and mood
- Learn self-care strategies to manage stress
- Identify healthy eating habits
- Develop a healthy relationship with yourself
- Acquire coping skills to better manage thoughts and feelings
- Participate in engaging activities to integrate skills into daily life

Workshops are led by Alison Kelly LPC, licensed professional counselor who has 25 years' experience working with teen girls, and Jade Kelly, personal trainer and Spartan race competitor ranking #1 in her class. For more information about the groups, please visit [www.TheCenterForTeenAndFamilyTherapy.com](http://www.TheCenterForTeenAndFamilyTherapy.com)

*“To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.”*  
- Thich Nhat Hanh

