



BEAUTIFUL ME FACT SHEET

What is Beautiful Me?

It's an educational self-esteem program for females of all ages! Females from 5 through 105 years old learn how to think about themselves with confidence and greater insight. The Beautiful Me program is divided into 3 parts, and can be performed in (3) one-hour sessions or during the course of a two-and-a-half-hour workshop. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

We NEED this program! But can we afford it?

Yes you can! We offer Beautiful Me tuition free (over 56,000 graduates so far!)

Why participate in Beautiful Me?

Our goal is to create a future where females feel empowered and self-confident in all aspects of their lives. To do that, we offer our tuition-free program for schools, hospitals, colleges and universities, senior centers and more using a curriculum that includes: learning how to accept compliments, developing coping mechanisms to turn negative thoughts or qualities into positives and tools to become more independent and confident in your own abilities.

Over 56,000 females have already graduated from Beautiful Me **worldwide**. Every participant who completed our program has reported leaving with higher levels of self-esteem, more personal happiness and confidence.

Tell us about your Teacher Training Program:

Qualifying educators and mental health professionals are invited to attend our 2-hour professional development seminar to learn about our Beautiful Me curriculum in detail. Female educators, mental health professionals, administrators & more are then invited to participate in an actual Beautiful Me series with our Program Leader.

Well this must be expensive!

NO fee for any participant—we offer the Teacher Training program tuition free!

Want to learn more?

Visit us at www.selfesteemrising.org

Contact us now to get started!

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