



*rising strong*

*our why*

Low self-esteem is a global issue. With confidence developing during adolescence, Rising Strong believes it is during these crucial years that youth are given all of the tools to deal with insecurities brought on by our media driven world. Rising Strong recognizes the need in our communities to have positive role models and influences on our youth.

*our what*

We offer interactive workshops for youth and young adults to build confidence and self-esteem; unleashing their full potential to become future successors in our community. Rising Strong aims to create a safe space for participants to feel comfortable and genuine while participating in discussions, activities, crafts and take home material. Workshops can be modified to any age group; youth, educators or parents.

*our mission*

Our mission is to unleash participant's full potential to succeed in every aspect of life through confidence and self-esteem building. Having confidence can lead to many opportunities in life; we believe every individual has a right to those opportunities.

*love  
your  
selfie*

In a world driven by media and unrealistic norms of what is considered "beautiful", how youth understand their value and self worth is especially important. This workshop is all about exploring self-love and self-acceptance. Here we aim to create a safe space where participants feel comfortable talking about our bodies, our insecurities, stresses and anxiety. We aim to generate positive discussion surrounding topics such as positive body image, mindfulness, self-acceptance, self-love and positive affirmations. Participants will leave this workshop with a greater understanding of where these feelings of self-doubt and self-consciousness come from through media literacy. They will also learn tips,, tools and tricks to tackle these feelings and situations.

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*stronger  
together*

Running off the Love Your Selfie workshop, this workshop is for a parent/guardian/role model to attend with a youth participant. It is just as important for youth to know their own value and self-worth as it is for the adults in their life. How adults perceive and talk about themselves affects young individuals as well. Participants will leave this workshop with a better understanding of how to have meaningful and positive conversations that boost both the adult and the youth's self-esteem. This space also gives a chance to create a deeper bond in a way you never thought was needed. The workshop has youth and adults split up for discussions, and come back together for some fun and celebrating of each other!

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*inspiTHER*

This workshop promotes building each other UP! Rising Strong aims to reverse the negative downward spiral of tearing others down. Another individual's success does NOT take away from your own; it should add to your inspiration! InspiHER aims to create a safe environment for participants to engage in activities and discussions around positive use of social media, how to deal with rumors and drama, healthy relationships and personal goal setting.

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*vision  
boards*

Vision boards are visual representations of your hopes, goals and desires. They help you visually experience what you want to do, where you want to go, who you want to be and how you want to feel. Research has proven if you can visually see a goal, you are more likely to achieve it! Making a Vision Board is just the first step on the path to brining more of what you want into your life, it's HOW you connect with your board after the workshop that will make all the difference. Host a Vision Board workshop or party today, your future will thank you!

**FOR MORE INFORMATION OR TO BOOK A WORKSHOP**  
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