"The teen conference really helped me discover that I do have a purpose in my life and taught me how to find that."

"The whole event was a blast and it really changed my emotions about myself."

"This conference made me feel safe and was a judgement free zone."
In February 2020, Self Love Beauty hosted their first Great Lakes Bay Region Teen Conference at Saginaw Valley State University. Attendees gained knowledge around topics of Taking care of your mind & body; Self-esteem & confidence; and Passion, purpose, and goals. The intention of the conference was to provide tools to enhance confidence in teens in the areas of empowerment, purpose, mental wellbeing, self-confidence and self-care.

It was a fun day filled with:
- Breakout sessions on navigating friends, mindfulness, affirmations, self-esteem, character and more!
- A session on mental health for parents
- Panel discussion on Resilience
- Activity on purpose and what they learned

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ABC Associated Builders and Contractors
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OUR IMPACT

- **36%**: Increase in how to leverage their emotions to evaluate their relationships and understand the importance of positive emotions.
- **31%**: Increase in how important resilience and grit are in their life.
- **36%**: Increase in how to practice mindfulness and apply it throughout their day.
- **25%**: Increase in knowledge about a growth mindset and apply learnings.
- **26%**: Increase in resources and confidence on how to handle new situations and challenges.
- **27%**: Increase in how character strengths are and how to leverage them in my life.
- **73%**: Increase in education about Self Love Beauty and what they teach.

"The SLB conference is very motivating and inspiring, and you should attend because they teach things everyone should know."

"I learned I need to choose my friends more carefully, that I have a purpose in life, and I got to meet new people and gain the confidence I need in my life."