



www.selflovebeauty.com

Overview of Self Love Beauty's Workshop Curriculum

“Self Love Beauty came at a time when I was in need of building my own confidence and self-love. SLB gave me the supportive community, the resources, and the encouragement to believe that I can achieve my dreams and become the best version of myself.”

About Us

Self Love Beauty (SLB) is a 501(c)(3) nonprofit organization that focuses on providing confidence based workshops at an affordable cost to people of all socioeconomic statuses.

Our workshop curriculum has shown to increase individuals' confidence and wellbeing by **25%** within one workshop as evidenced by participant feedback over the past two years.



Mission: To educate, invest, and impact individuals on the importance of self-love and confidence in order to empower them to be the best version of themselves.



Vision: To be a catalyst in bridging the gap in confidence for individuals of all generations to feel empowered to love themselves and achieve anything they desire.



“This workshop helps you to become more positive, love yourself and live your best life!”

→ PROBLEM

51%

of individuals do not feel they have the resources they need to confidently care for their wellbeing (i.e. self-love, confidence, resilience, stress, relationships, support)

97.5%

of adults do not feel they have support in the form of learning workshops.



This data showcases a gap where there is an opportunity for key skills to be taught via workshops to help individuals gain confidence.

→ SOLUTION

99%

of employees believe confidence is a vital skill to have to finding a job and career growth.

- Self Love Beauty's three workshop curriculums are part of the solution and tailored to the demographic it is working with.
- Our unique methodology integrates confidence into our curriculum so attendees leave more confident to make positive choices, love themselves, and achieve success.
- Attendees become equipped with attainable tools to have more confidence in their everyday lives by practicing in real-time.
- Evidence-based models: **PERMAH** model to educate and improve individuals' levels of confidence, self-esteem, resilience, stress, relationships, and more. We also use the **Search Institute Developmental Assets Framework** for youth & teen programs.

Positive Emotions

Engagement

Relationships

Meaning

Accomplishment

Health

“Confidence is one of the most influential motivators and regulators of behavior in people's everyday lives - Albert Bandura”

Self Love Beauty's programs are done in a very **hands-on, interactive, energetic** and **inclusive** format to help adults flourish in measurable and visible ways. This structure is led by experienced leaders and SLB provides an atmosphere where attendees can feel supported and heard.



MASTERING SKILLS TO MAXIMIZE YOUR MENTAL AND PHYSICAL HEALTH

This workshop will allow attendees to walk away having more confidence in their ability to manage their wellbeing, be prepared for life's tough moments, and be provided with tools to make changes in their lives.

- Become more present and attentive
- Be able to wake up in the morning feeling refreshed and excited
- Navigate through challenges and difficult situations
- Remain grateful for who you are and what you have



HOW TO BREAK THE HABIT OF SELF-DOUBT AND BUILD REAL CONFIDENCE

This workshop will equip attendees with the tools to improve relationships with themselves and others through focusing on confidence and self-love.

- Feel confident expressing your true self
- Make decisions without fear of judgement
- Lead initiatives and be proud of what you bring to the table
- Become less critical of yourself



STEPS TO ACHIEVE YOUR GOALS THROUGH PASSION AND PURPOSE

This workshop focuses on the power of positive emotions, finding meaning in life, and celebrating accomplishments. Attendees will leave feeling empowered and confident in their life choices.

- Identify your 'why' in life
- Create goals through the lens of your purpose and passion
- Feel excited and confident to talk about things that are important to you
- Create values to help you be successful

Self Love Beauty measures impact on attendees through pre- and post-reflection surveys and narratives related to SLB learning objectives focused on confidence, support and wellbeing.

Become a Partner!



Step 1:

Set up a call with Self Love Beauty to learn more about becoming a partner to help your clients grow in confidence.

Step 2:

After a conversation, you will then receive a customized proposal, which includes **partnership details**, **outcomes**, **key solutions**, and **pricing**.

“Self Love Beauty's workshop gave me an opportunity to focus my mind on continuing to improve in my confidence and self love journey. One of the most impactful sessions for me was looking at my limiting beliefs and understanding why I have them and that they don't have to stop me from reaching my goals. Self Love Beauty's workshops have helped me change my mindset, learn how to set attainable goals for myself, and how to prevent my limiting beliefs from preventing me from reaching my goals.”
- Past SLB workshop attendee



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