



SELF LOVE BEAUTY WORKSHOP CURRICULUM

About Self Love Beauty

We are a 501(c)(3) nonprofit with the 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.'



Confidence focused workshops increasing confidence and wellbeing by more than 25% at each workshop.



Individuals with high confidence and self-love, combined with support, tools, and resources, have the ability to reach their full potential and exceed at everyday tasks and challenges.



Backed by evidence-based informed research to improve social and emotional skills.

Curriculums



Self-Esteem & Confidence:

- How to gain confidence
- Ways to use your strengths
- Positive self-esteem & self-talk
- Growing in a relationship with yourself



Passion, Purpose & Goal Setting:

- How to uncover your passion
- Finding & using your core values
- Creating your "purpose statement"
- Putting together effective SMART goals



Taking Care of Your Mind & Body:

- How to utilize mindfulness in your life
- How to practice mindful listening
- Fixed vs growth mindset
- The power of being positive



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.



Workshops are 4-hours long, broken out however the partner needs. Each workshop has a trained facilitator, and provides multiple tool for individuals to walk away with.