

Self Love Beauty's 2023

# TEEN CONFERENCE IMPACT REPORT



Empowering individuals today.  
for a more confident tomorrow.

# ABOUT THE TEEN CONFERENCE

On February 18, 2023, Self Love Beauty (SLB) hosted their Teen Conference in collaboration with the Dove Self-Esteem Project for girls in grades 6th-9th at Saginaw Valley State University in Michigan. With more than 100 teens in attendance, attendees gained knowledge around topics of confidence, self-esteem and more. The intention of the conference was to help teens find their voice, embrace their awesomeness, gain self-love & confidence, and overall well-being.

It was a fun day filled with:

- Breakout sessions on appearance ideals, banishing body talk, and more!
- A parent session led by the Dove Self-Esteem Project and SLB facilitators.
- Panel discussions with guest speakers from the the Dove Self-Esteem Project and Unilever
- Group activity on affirmations and what attendees learned.

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The things I learned today is to not think low of yourself. I'm beautiful and people see you different from what you think.

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I have learned self-love, self-care, and self-confidence.



**THANK YOU TO THE DOW PROMISE GRANT FOR MAKING THIS CONFERENCE POSSIBLE, UNILEVER, AND THE DOVE SELF-ESTEEM PROJECT.**



# OUR IMPACT

Our conference saw teens walk away with tools that helped them increase in the following areas:

81%

Learning the importance of positive self-talk.

80%

Confidence in their future.

77%

How to handle difficult moments and overcome obstacles.

75%

Growth in skills to help them gain confidence.

72%

Knowledge in how to set actionable goals to help with personal growth.

100%

Everyone grew in multiple areas from this conference

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I learned that I am beautiful, I can overcome anything and that being positive about myself can go a long way in my life.





# FIRSTHAND TESTIMONIALS

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The panelist portion of the day was a beautiful experience of women from different walks of life, sharing life experience and wisdom with the conference participants. It was engaging and I even took some wisdom with me when I left.

**Keoshia Banks**  
Panel Speaker

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I am a new volunteer with Self Love Beauty. I was able to be a part of the Teen Conference held at SVSU. It was great to see the girls open up to each other throughout the day. The most powerful moment for me was during the closing. The girls went around the room and shared I Am statements. To hear 6th-9th grade girls say positive things about themselves like "I Am Capable", "I Am Funny", "I Am Awesome", etc., was such an uplifting experience. These are such important years, and the things the girls learned will be carried with them for the rest of their lives. Thanks so much to Self Love Beauty for making this happen!

**Mandi VanOoteghem**  
Volunteer



# FIRSTHAND TESTIMONIALS



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Today I learned that I am beautiful, I can over come anything and that being positive about myself can go a long way in my life.

**Rian Whalen**  
Attendee

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My daughter Emily, age 11 in 6th grade, got out into the car and said "I loved it and I want to go again next year!" She told me she liked gaining confidence in just talking to strangers and peers, she liked the exercise of talking to 5 people! She loved getting sunglasses for speaking. She's currently doing a service project that requires speaking and communicating with people and businesses and I'm so impressed with her immediate confidence boost. Thanks for having these great programs!

**Thomas Ruelle**  
Parent of attendee







**PHOTO CREDIT & A SPECIAL  
THANKS TO ALEXA HALLBERG  
PHOTOGRAPHY & UNILEVER:**

