



Are you are looking for a Program that has been developed for young people with a strong focus on Positive Body Image & Personal Development skills?

.....BODY CULTURE GLD is the answer

Body Culture moves with the times and has a unique modern learning approach. The program encourages participants to be motivated, inspired and challenged, so as to improve their self esteem, self belief and self confidence.

Personal Development & YOU, Health & Well being, Positive Body Image, Beauty/ Grooming, Career Planning, Job preparation & Interviews, Driving & You, Refresh your Finances and "The way you present yourself" are all part of the program.

Participation in the program facilitates the development of teamwork, interpersonal and communication skills and practical life skills that are necessary to function both personally and professionally at school, in the workplace and in the community.

The Body Culture program is supported by a **comprehensive student Training Manual** that provides a variety of learning activities to promote the importance of each individuals **Health & Wellbeing**.

We have had an overwhelming response to the program from teachers and their interest and continued support was the motivation behind developing a facilitator training manual that is now complete for you to work with.

The Body Culture GLD program is also complimented by beauty kits for the females and grooming kits for the males. Certificates of Participation for each student are also available as part of the complete package.

Feel free to contact us at any time to arrange an appointment.

Warm Regards
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