



# BEAUTIFUL ME FACT SHEET

## What is Beautiful Me?

It's an educational self-esteem program for girls and women of all ages! Females from 5 through 105 years old learn to think about themselves with greater confidence and insight. The Beautiful Me program is divided into 3 parts, and can be performed in 3 one-hour sessions or during the course of a 2.5 hour workshop. Each section is designed to emphasize a different aspect of self-confidence and self-care. A series of activities and discussions encourage and empower participants.

## We NEED this program! But can we afford it?

Yes, you can! We offer Beautiful Me at no cost to schools or organizations who meet the criteria.

## Why participate in Beautiful Me?

Our goal is to create a future where females feel empowered and self-confident in all aspects of their lives. To do that, we offer our tuition-free program for schools, hospitals, colleges and universities, senior centers and more using a curriculum that includes: learning how to accept compliments, developing coping mechanisms to turn negative thoughts or qualities into positives and tools to become more independent and confident in your own abilities.

Over 140,000 girls and women have already graduated from a Self-Esteem Rising program **worldwide**. Every participant who completed Beautiful Me reported leaving with higher levels of self-esteem, more personal happiness and confidence.

## Tell us about your Teacher Training program:

Qualifying educators and mental health professionals are invited to attend our 90-minute professional development seminar to learn about our Beautiful Me curriculum in detail. Female educators, mental health professionals, administrators & more are then invited to participate in an actual Beautiful Me series with one of our Self-Esteem Rising Leaders (additional 2.5 hours).

## Well this must be expensive!

NO fee for any participant—we offer the Teacher Training program tuition-free!

## Want to learn more?

Visit us at [www.selfesteemrising.org](http://www.selfesteemrising.org)

## Contact us now to get started!

Racquel Chariah, Executive Director

(516) 424-8960 or [rchariah@hancefamilyfoundation.org](mailto:rchariah@hancefamilyfoundation.org)

