Teen Self Esteem:  
Covering all aspects of being a teen - the good, the bad & the ‘perceived’ ugly!

Having worked with over 7000 Teens (Y6 – Y12), Teachers and Parents, Amy sheds light on the hot topics, issues & challenges teens are telling her they’re facing in today’s society. She provides insights, messages of hope as well as fun & easy tips that can be used daily to cope.

🌟 Hilarious  🌟 Inspiring  🌟 Interactive  🌟 Relevant

Are your teens obsessing about their looks, body and image, joining the fad diets and running on empty in terms of a healthy consumption of food? Are they experiencing bullying (face to face & cyber), hiding their individuality rather than embracing it and using unsafe coping mechanisms to deal with the pressures in their world?

Do your teens need to get some perspective on themselves, their relationships, the long-term impact of their choices and how to enjoy the best that this age has to offer?

AMY’S 60 MINUTE PRESENTATION CAN COVER:

- Body Image
- Self Comparison
- Positive & Negative Self Talk
- The Best Things About Being Young
- Social Media and Unsociable Behaviours
- Bullying Effective Coping Tools
- Looking After Your Peers
- Healthy Eating
- Building Resilience
- Enjoying Your Uniqueness
- Support Services for Teens
- Replacing Self-Harm with Self Care
- Media pressures to Look Skinny and Perfect
- Appreciating Life at any Age

Does it sound like heavy stuff?

Well that’s why laughter, stories and interaction are so important!

While there are often tears during Amy’s presentation, there’s also a lot of laughter and many people beaming from ear to ear. The energy afterwards is positive and uplifted as Amy has not only named a lot of the things we’re all facing; she provides real ways of dealing with them. She may then spend several hours at night responding to emails and Facebook messages from teens, parents and teachers expressing their gratitude for saying how it is and sharing their own stories. It’s a presentation that entertains, inspires and provides a way forward.

ABOUT THE PRESENTER, AMY COOMBE:


Amy understands what it’s like for teens as she herself is a survivor of teenage Anorexia, Depression and the onset of self harming. Having worked through her demons and got her life back, Amy is now a Nationally Accredited Life Coach, Professional Inspirational Speaker and Mentor for Youth. Amy walks her talk, knows her stuff & is passionate about making a difference.

To enquire about Amy’s availability, go to AmyCoombe.com