



SELF ESTEEM, MEDIA, AND BODY IMAGE

Do I Look Fat in This?: Decoding the Language of "Fat"

"Ugh, I feel so fat." Someone you love has probably asked you this question at least once today. Hearing your sister, mother or best friend decry her thighs, butt or stomach is a common topic of conversation for women. But what you may not realize is that this question is actually code for something else. If we don't listen more closely we will miss the warning signs of someone in emotional pain. Jess combines storytelling, video clips and personal experiences to weave together an interactive dialogue that will help empower audiences with the tools they will need to help a friend or loved one and to change the way they talk about their own body forever!

Am I Pretty?: Understanding and Redefining Real Beauty

As a leader for over 15 years in the confidence community, Jess understands the intense pressure on today's young women to look 'beautiful.' But can this pressure actually derail the promising lives of girls by making them obsessed, withdrawn and hopeless about their future? Jess will share research on today's high price of low self-esteem for girls; help audiences critically think and break down common media messaging to girls; and provide them with the tools necessary to re-define their own sense of confidence and raise their self-esteem.

Hollywood Reality Check: How What You See Is NOT What You Get

Make no mistake – today's girls and women are bombarded with media messaging that presents unrealistic images of beauty and applies subtle pressure on girls to become extremely thin and overly sexual. Often, we can feel helpless up against Hollywood's message of perfection. So where do we start calling our power back? Jess will show audiences how to think critically about media imagery while providing industry insights that will help debunk media myths and leave audiences with tools and tactics to create a clearer sense of self-confidence.

Technical Requirements:

- Programs include video and power point so projector, speakers, and cables must be provided.
- Prefer a wireless hand held microphone or lavalier
- Does not need a podium
- Access to space 45 min prior to presentation to set up
- Bottle of water



Creating a nation of confident women and girls.

www.jessweiner.com