

# Parent Seminar

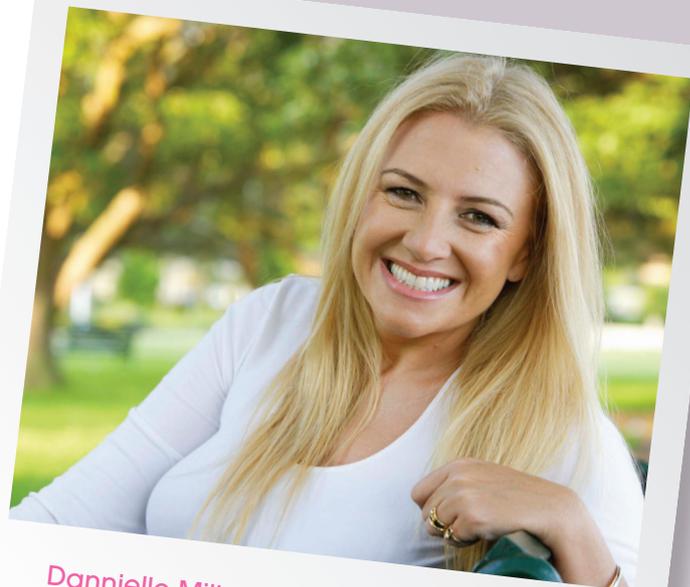
## Wake Up Sleeping Beauty

Helping our daughters move beyond Bratz, Britney and Bacardi Breezers

Join Dannielle Miller, one of Australia's foremost educators, authors and media commentators on teenagers, for a presentation on the issues affecting our daughters today. This seminar exposes the pain of teen-girl world – the body image crises, low self-esteem, and constant bombardment with toxic and hypersexual media and marketing portrayals of women.

Dannielle reveals the reasons that so many teen girls today are stressed, overwhelmed, exhausted and angry, and why too many are binge drinking, self-harming or going on extreme diets. Most important, she draws upon her years of experience as an educator and student welfare advocate to give you the tools to help your daughter cut through the negativity and bloom into a happy, confident teen girl.

The 1-hour talk, followed by time for questions, is by turns shocking, inspiring, humorous, emotional – and ultimately empowering to you as a parent.



**Dannielle Miller, CEO, Enlighten Education**  
B Ed, Grad Cert (Mgmt), Cert IV (Assessment and Workplace Training)

**Dannielle Miller** is a major innovator and expert in the field of education and student welfare. She was responsible for the curriculum, staffing and quality of learning of the English faculty of a dual campus high school. As Students at Risk Coordinator for all high schools in Western Sydney, she advised the Federal Government on funding for support programs for students at risk of dropping out.

The immensely successful Lighthouse Project was Dannielle's brainchild. It pairs at-risk students with workplace mentors, helping them develop employment skills and discover the real-world relevance of what they learn at school. Another of her innovations was an accredited Higher School Certificate (HSC) course in service learning that she developed. The curriculum nurtures students' entrepreneurial skills while involving them in meaningful community volunteer work.

Concerned about the struggles she saw countless high school girls go through with body image and self-esteem, in 2003 Dannielle co-founded Enlighten Education, which provides girls with training and support to stand up to limiting media and social messages.

In 2009, as part of its Next 100 series, The Weekend Australian newspaper named Dannielle as Australia's no 1 Emerging Leader in Learning. She works with thousands of girls across Australia each year and makes regular media appearances to advise on teen issues. Author of teen parenting book *The Butterfly Effect* (Random House Australia, September 2009), she is also an avid blogger (<http://enlightenededucation.edublogs.org>). She is featured in education journals, her articles have appeared in *The Sydney Morning Herald*, and she is a popular speaker at youth and education conferences and forums.

## Testimonials

Dannielle Miller is not the first person to call attention to these issues, to the phenomenon of girls' lives sometimes falling apart at the very threshold of womanhood... But she offers not only insight into adolescent girls as interesting works in progress, but also provides encouragement, solace and solution...  
Clinical Professor David Bennett AO FRACP FSAM

**We were left feeling empowered and inspired.**

**Stephanie O'Meara**  
(Junior School Coordinator, Merici College)

*Real, practical, relevant, informed, thought provoking, empowering.*  
**Pip Ellis**

*Thank you for enlightening me and giving me the power to help my girls.*

**Sally Oag**

**Simple truths told in a very effective manner... from the heart!** Anon

*Dannielle provided insightful suggestions and practical strategies for parents of girls of all ages.*  
**Sue Bull (Parent Liaison Officer, Broken Bay)**

**Dannielle Miller is the teen girl whisperer.**  
**Fran Simpson, teacher and mother of a teen**

For more on Dannielle Miller's work please visit her web sites:  
Enlighten Education (in-school workshops for girls - [www.enlightenededucation.com](http://www.enlightenededucation.com))  
Personal site - [www.dannielle.miller.com](http://www.dannielle.miller.com)  
or contact Dannielle - [danni@enlightenededucation.com](mailto:danni@enlightenededucation.com)