

Wake up Sleeping Beauty

Seminar for parents and educators

Raising Amazing Girls

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 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 an expert in girls' self-esteem and body image and a major innovator in 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 high schools in Western Sydney, she advised the Federal Government on funding for support programs for students at risk of dropping out.

Dannielle devised the Lighthouse Project, which pairs at-risk students with workplace mentors, helping them develop employment skills. She also developed an accredited Higher School Certificate (HSC) course in service learning, which nurtures entrepreneurial skills while involving students in community volunteer work.

In 2003, Dannielle co-founded Enlighten Education. As Australia's leading provider of in-school workshops for teen girls on body image, self-esteem and empowerment, Enlighten works with more than 20,000 girls annually.

In 2007, Dannielle was named NSW Entrepreneur of the Year. In 2009, she was deemed the country's number one Emerging Leader in Learning by *The Australian* and was listed as one of Sydney's Top 100 Influential People by *The Sydney Morning Herald*. She was honoured with an Australian Leadership Award in 2012. In 2013, *Prevention* listed her as one of Australia's Most Inspiring Women over 40 in the "Game Changers" category. In 2014, she was nominated as a Finalist for *InStyle's* Women of Style Awards in the Charity and Community category. Dannielle is the Channel 9 *Mornings* contributor on parenting and women's issues and an avid blogger, and she regularly contributes opinion pieces to national media.

Enlighten Education was named the Australian Small Business Champion for Children's Services in 2007, was a finalist for an Australian Small Business Champion Award in Educational Services in 2010, and was a finalist for the Australian Human Rights Commission Business Award in 2011 and 2012.

For more on Dannielle Miller's work please visit:

Enlighten Education:

www.enlightenededucation.com

Award-winning in-school workshops for girls

Personal site: www.danniellemiller.com

Loveability book website: www.loveability.com.au

Blog: enlightenededucation.edublogs.org

Email: danni@enlightenededucation.com

Twitter: MillerDannielle

Copies of Dannielle's books will be available on the night: her teen parenting book, *The Butterfly Effect* (\$35), and her books for teen girls, *The Girl with the Butterfly Tattoo* (\$20) and *Loveability* (\$17).



Dannielle's books include the teen parenting classic *The Butterfly Effect*

To book call 1300 735 997 (toll free)

Supporting Your Daughter to Successfully Navigate Girl World

Seminar for parents and educators

Research tells us that friends are more important to teenage girls than even their parents or teachers. How do we best support our daughters to make friends? How do we help our daughters decide if a friendship is helping or harming them? How can we support our girls when they are caught up in girl-world drama or are the victims of "Mean Girl" style bullying? This workshop will address these issues and equip parents and educators to support their girls to develop the necessary skills to make safe, important decisions about their friendships.

What does this workshop cover?

- How to help your daughter make new friends
- How to support your daughter to resolve conflict respectfully
- Cyber World - communication essentials
- What to do when things go wrong: how to know if your child is being bullied and what to do about it

Praise for "The Butterfly Effect" by Danielle Miller



"A lively, informative and engaging book filled with great advice and resources for both mothers and daughters."

- Jean Kilbourne, creator of 'Killing Us Softly: Advertising's Images of Women' film series

"Everyone who loves a young girl must read The Butterfly Effect. Danielle brilliantly takes the mystery and fear out of raising girls growing up in a culture which doesn't like them very much."

- Meg Meeker, M.D., best-selling author of 'Strong Fathers, Strong Daughters: Ten Secrets Every Father Must Know.'



Praise for "The Girl with the Butterfly Tattoo" by Danielle Miller

"Dani Miller is the big sister every teenage girl needs, offering the perfect mix of resolve-stiffening encouragement, soul-touching inspiration and real-world practical advice."

- Emily Maguire, author of 'Princesses and Porn Stars' and 'Your Skirt's Too Short.'

Praise for "Loveability - An Empowered Girl's Guide to Dating and Relationships"

co-written with Nina Funnell, Harper Collins, 2014

"Loveability covers all the aspects [of dating and relationships] in a grounded, readable and non judgemental way, giving girls the tools and understandings of the dynamics of this exciting but sometimes fraught stage of life."

- Steve Biddulph, author of 'Raising Girls'



Workshop Testimonials

"Danielle 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**

"Danni's (or Gorgeous as known by the girls) presentation on 'friendships' was the second presentation she has delivered to our community and was engaging, interactive, insightful and practical. Her comment "girls can't be what they can't see" was a gentle reminder about the language we use to describe ourselves around the girls, as parents and as educators. Her 10 step guide on conflict resolution was very useful and valuable. Danni's energy, passion and flair is infectious and has a profound and lasting effect on both our girls and our parent community."

- **Briony Trotter, Head of Marketing & Community Relations, Wilderness School, Adelaide.**

"Danielle, you are a special ambassador for our girls and a warm and engaging speaker."

- **Karen Christie, President, Federation of Parents and Friends Associations, Dioceses of Maitland-Newcastle**

"You share stories of hope, sadness and joy all wrapped up to deliver a message that girls need the women in their lives to step up as their role models, to talk to girls about the false image of women that is presented to them in media, to know that they are loved and valued as young women, that they can achieve anything they set their mind to."

- **Neville Dwyer, Griffith Connections**

I just want to thank the presenter and Pymble Ladies College for this great opening for mothers and fathers but especially to our adolescent teenagers. For me as a parent, a single parent, day and night I watched in breathless sighs the pressure our girls go through alone. The presenter highlighted main points and similar ways or tools that mothers like me would only identify. Thank you once again. Will be in touch and let our journey begin together.

- **Tamoi Sutton**

Fantastic presentation! I loved it. Wish you had given your speech to everyone in New Zealand. Thank you so much.

- **Sue Ashton**

To book call 1300 735 997 (toll free)

Do you ever give in

and buy your kids stuff they've been nagging you for...only to find that they're *still* not satisfied?

Do you sometimes worry

that children are growing up in a narcissistic and materialistic world?

Do you want to teach your children

how they can focus more on what they are thankful for, and less on the negatives in their lives?



GRATITUDE

A positive new approach to raising thankful kids

This seminar is excellent for parents, educators, youth workers, allied health professionals, doctors and anyone who gets to live with or work with young people.

Instilling gratitude in our children is about so much more than politeness. Gratitude is linked to greater happiness, a more positive outlook on life, stronger social bonds and support networks, and higher achievement.

This one hour seminar shows how fostering gratitude in our children helps them develop the skills they need for fulfilling and successful futures—in their studies, personal lives, and careers.

"Thanks, Danni, for being such a positive champion and guide for parents and teachers to help them build gratitude and thoughtfulness in our children so that we can create a more caring and compassionate world for all."

Maggie Dent, parenting and resilience educator, and author

"...Gratitude explores the ways in which adults can build a sense of appreciation and thoughtfulness in younger generations... Gratitude reminds us that while we're individuals, we're also part of a community, and it's by nurturing and modeling relationships that are compassionate, family, and community-focused, we all thrive."

Dr Karen Brooks, Author, and Associate Professor and Honorary Senior Research Fellow, Centre for Critical and Cultural Studies, University of Queensland



Dannielle Miller

Dannielle Miller is the co-founder and CEO of Enlighten Education, a multi-award winning company that conducts empowering workshops with more than 20,000 girls each year in Australia, New Zealand and Singapore. She is also the founder of Goodfellas, a new in-school personal development program for boys.

Dannielle is the author of *The Butterfly Effect: A Positive New Approach to Raising Happy, Confident Teen Girls* and *The Girl with the Butterfly Tattoo: A Girl's Guide to Claiming Her Power*, and is the coauthor (with Nina Funnell) of *Loveability: An Empowered Girl's Guide to Dating and Relationships*. An avid blogger on parenting and women's issues, Dannielle also regularly contributes opinion pieces to major newspapers and websites.

Dannielle has been named the NSW /ACT Small Business Champion Entrepreneur, received an Australian Leadership Award, and was nominated twice for an Australian of the Year Award. The media has named her one of Australia's emerging leaders (*The Australian*), one of Sydney's most influential people (*The Sydney Morning Herald*) and one of the most inspiring women over 40 (*Prevention*), and she was a Finalist for *InStyle's* Women of Style Awards.

Connect with Dannielle on Twitter: @MillerDannielle.
Learn more about Dannielle at her website: daniellemiller.com.

RRP \$16.99

Copies of this title, and Danni's others, may be purchased both at: enlighteneducation.com and at her seminars.

