



Event Timetable

enlighten staff attending: Danni, Fran, Mel,

Introductory Session –10:30 am –11:00 am - Girls to attend this session as one large group.

Open any teen magazine and you will see that much of the information the media bombards teenage girls with is negative and contradictory; no wonder they report feeling stressed and inadequate!

Our workshops will recognize the diverse interests of your girls and present them with content that is non – commercial, age appropriate and (most importantly) *empowering*.

	Group A (50 girls)	Group B (50 girls)
Workshop 1 – 11 – 11:55 55 mins	GET THE LOOK RIGHT Make-up can be used to enhance our natural beauty, but when girls feel bad about themselves it can also be used as a mask that many girls hide behind. Our professional make-up artist will introduce girls to a beginner’s guide to make-up with plenty of time for questions and answers. This workshop shows girls how to wear and apply age-appropriate makeup (without pushing the product) and at the same time empowers girls to feel good about themselves with or without makeup.	STYLE FILE Girls will be introduced to a variety of fashion styles, and will be encouraged to define their own style. Girls will then discover practical, fun and affordable ways to achieve their selected fashion style. Customizing, bargain buying, fashion ethics, vintage dressing and wearing the right ensemble to the right occasion (dressing appropriately) are all featured in this workshop.
Workshop 2 – 11:45 – 12:50 55 mins	Style File	Get the Look Right
LUNCH 12:50 – 1:30		
Workshop 5 – 1:30- 2:30 60 mins	Groups A and B (as one group) Love the Skin You’re In / Conclusion- This workshop covers everything from sexism / negative stereotyping in advertising, the media and sport, to society’s current fixation on being “thin”. Importantly, girls are not only encouraged to critically evaluate the messages they are being bombarded with, but to develop some strategies that will help them respond in a thoughtful manner.	