



A POWERFUL PROGRAMME  
TACKLING EATING DISORDERS  
AND BODY DYSMORPHIC  
DISORDER IN SCHOOLS  
THROUGH ANIMATED VIDEOS





# OUR PROJECT

Welcome to our Body Image Coaching programme - an online service available worldwide that addresses eating disorders and body dysmorphic disorder in schools, through powerful animation videos.

We understand the challenges schools face with body image difficulties and eating disorders. Recognising the need for immediate and targeted support, we've developed a comprehensive solution.

## **The Problem**

Schools grapple with body image difficulties, eating disorders, and body dysmorphic disorder, with limited access to timely support. The lengthy NHS waiting list for therapy exacerbates the issue.





# SOLUTIONS



We have developed an effective system that seamlessly integrates healing within schools without disrupting the curriculum or student attendance.

Three powerful methods are employed in this unique combination, ensuring the successful delivery of support and healing:

- 1. All pupils ages 11-14, watch our free body image awareness workshop.** Through this animation workshop and session plan, we can identify those who are struggling with their body image, requiring support.
- 2. Establish a cohort for pupils experiencing body image challenges.** This group will undergo a 6-week body image program conducted through animation, requiring one hour per week, including homework, with minimal disruption to their school routine.
- 3. Additional support is available through 1-1 coaching and therapy sessions, covering a comprehensive range of topics.** Whether your pupil needs further 1-1 support, we are equipped to assist.



# TESTIMONIALS



*“I would absolutely recommend this. Pupils found the exercises invaluable and it was great to see them talk about this topic with each other as a team.”*

Loxford School Ilford

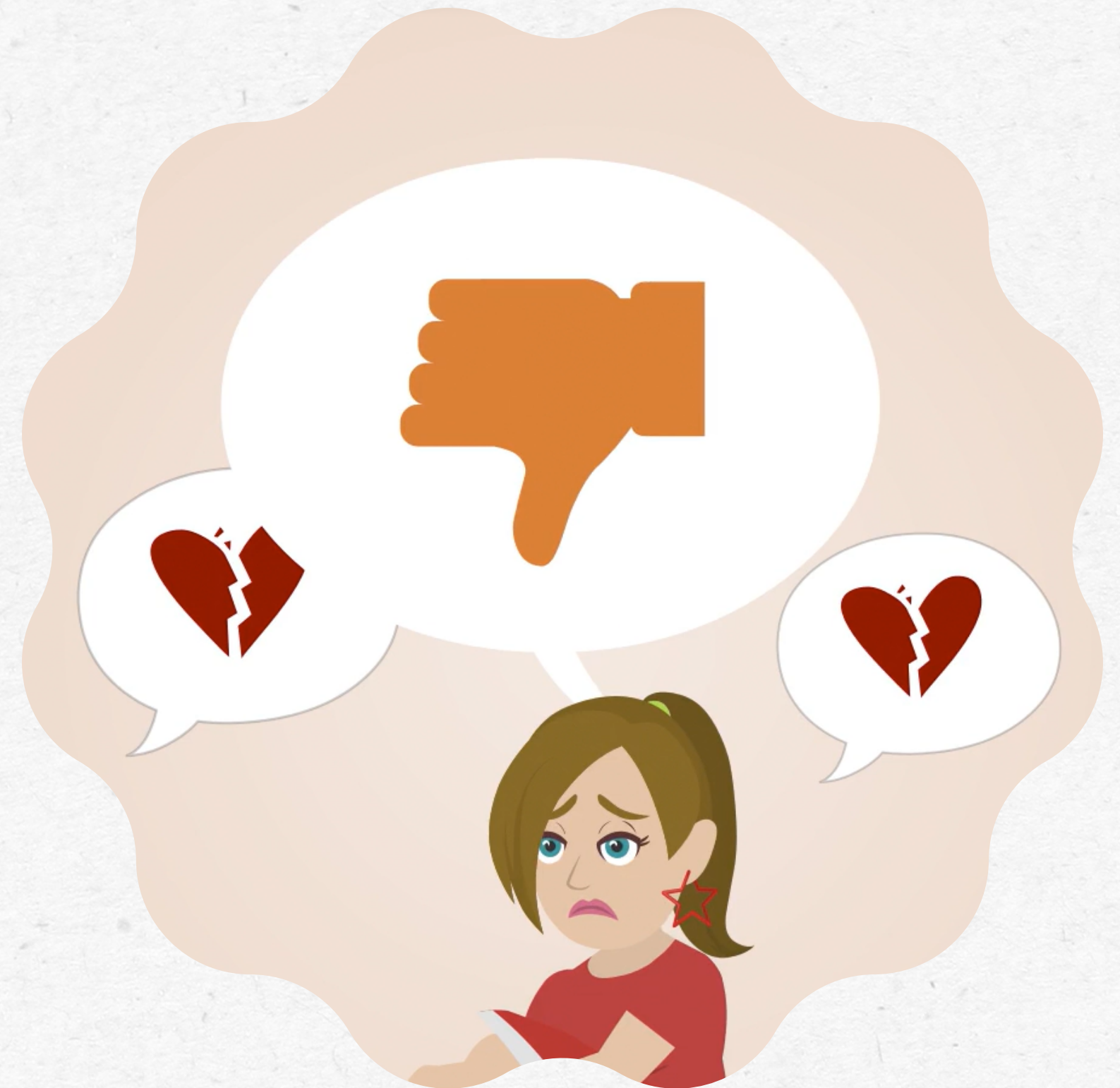
We've received excellent feedback from schools, parents, and teens we work with. Check out what people are saying [here](#).



# OBJECTIVES

Our team is determined to help students develop a positive body image and promote mental health, by providing them with the knowledge, tools and resources they need to navigate the challenges they face in today's society.

Our team of mental health professionals provides early intervention services for secondary schools and parents. Body Image Coach programme can help you to take a proactive stance with our psycho-educational approach.





# HOW OUR SYSTEM WORKS...

## STEP 1

Schedule a quick 10-minute Teams or telephone appointment with us. We value your time, so expect a brief 2-minute survey beforehand to tailor our support specifically to your needs. Email or call us to get started.

## STEP 2

Receive your FREE body image awareness video, complete with a session plan and post-survey. We want to ensure your workshop experience is enjoyable. Let us know if you require additional support with struggling pupils.

## STEP 3

Use our other on-line services: Full body image programme for general body image difficulties, body dysmorphic disorder and eating disorders, 1-1 Coaching, 1-1 Therapy, and peer support groups.



# OUR COMMITMENT

## What sets us apart?

We focus on adolescents and schools, using animation in psycho-educational workshops and coaching/therapy to deliver results. Instead of dwelling on the past, we educate you on how your brain works. Then, we tackle every barrier you're facing, exploring them to make bold changes that promote healing.

Our results are visible in teens, often reaching them just in time before they hit a breaking point.

Explore our website for full service details, team expertise, FAQs, free resources and more! See [here](#).





# CONTACT US!

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