



# Just As You Are

## for Middle, Junior, and Senior High School Girls

It's okay to want to be your best – but sometimes teens set impossible standards for themselves causing a constant loop of self-criticism. In fact, of the 60,000 - 80,000 thoughts that teens have each day, 80% of those thoughts are negative about themselves or others.

Inspired by the work of psychologists Michelle Skeen and Shirzad Chamine, and my own work as a coach, this workshop will help girls explore how to become aware of their critical inner voice and provide practical solutions to stop the “compare and despair” game and shut down those over-judgmental thoughts. Participants will learn how to use mindfulness tools to identify their unique strengths and learn specific ways to cultivate true and lasting self-compassion which can result in less depression, anxiety, fear of failure, and dependence on others for validation. By attending this workshop, teen girls will walk away feeling worthwhile, “**Just as they are.**”

### Event Details:

Saturday, March 2 ~ 9am-12pm @ GreatLIFE Corporate Office  
To learn more or register, send an email to [Molly@EmpoweredCoaching.com](mailto:Molly@EmpoweredCoaching.com).



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