

Impact Analysis:

Amy understands the sensitivity of the issues that she addresses in her presentations and workshops. She understands that it is the desire of the school and the parents to do all they can to help our youth and not make the current challenges 'glorified' or made worse.

Amy prides herself on being able to speak from the heart with sensitivity and honesty yet links it with humour and stories to provide the biggest impact to our teens. She incorporates all learning styles into the presentations covering visual learning style through her use of props, acting and imagery. Kinesthetic learning style through her use of stories, metaphors and emotion, auditory learning style through the use of music and tone variety.

All facts are wrapped up with a story or metaphor to help the teens relate and identify the importance of what is being said for them and their life. Amy receives dozens of emails after each talk. Below she has taken just a few emails from each topic to help you understand the impact that this connection with teens is having. More testimonials can be found on Amy's website and more impact results are available if desired.

SELF HARMING:

- "Your presentation was probably the most enlightening thing I have ever heard. Since that day I have since stopped self harming and realised that self harm is never the answer. I am very proud of myself and I now feel like I can be happy. Thank you for being such an inspiration." Year 8 Student
- "I was one of the lucky ones today that got to listen to you! Not only was it funny and interesting, it meant a lot to me. I have never told anyone this but I have hideous scars that cover my legs and stomach. I've tried to stop many times but I just can't. There's so many reasons why I do it but today I realised that exactly what you said was true, how you have all these problems in your mind and then you self harm and it last 5 minutes and the problems come rushing back. Today I realised that self harm makes things worse. My life has not been easy but to see someone go through the same sort of issues I am now but to see them actually make somewhere in life brings me hope! I no longer hurt myself. Thank you! :)" Year 9 Student
- "You came to my Primary School today and I really enjoyed what you did. I'm self harming and have been since February. I want to stop, but I haven't been able to. Today I've called for help." Year 7

(I spoke to the Teacher about this student and have gone back to the school and met with them one on one for a chat as part of the original investment of the talk. I will do this for as many kids who desire. They are seeking support now through a professional service.)

- "Thank you for the talk you gave us today. It was so inspirational. I did a lot of the things that you suggested and it's helped me so much so thank you a lot. I'm not longer harming but have a way to release my feelings." Year 10
- "I am in year 6 and I heard you speak today. I do self harm to myself and so does my sister who is in year 8. I just want to tell you that you changed my life and my sisters life Amy. We told our Mum and we are now seeing counsellors to help us. Thank you so so so.... much xx" Year 6
- "You spoke at my school today. I have been self harming but I stopped today because I realised what you said is so true and it really helped me. You are amazing and now my role model. Thank you 4EVA". Year 8

BODY IMAGE:

- "Thank you for giving one of the most inspirational speeches I have ever heard. You have helped so many people today and taught us so much about loving ourselves and not falling into the dark places in our mind and if we do how to get out of them. What you do for teenagers is phenomenal." Year 10.
- "Thank you so much for your presentation today. For me you really could not have come at a better time. Everything makes that little bit more sense to me now. I've always hated myself so much, I hated that I

was different and that everyone picked it out but after today I have realised I'm no longer going to change myself to please other people. When you spoke about accepting you for you it just made so much sense to do that. You're so funny and it really related to me. Thankyou so much! You really did come at the perfect time for me!" Year 9

- " I feel so very privileged that I was able to see you on today. Your presentation was amazing! I loved how you made the presentation really informative as well as funny. I especially liked your ideas about food. I am a ballerina and all the time I am faced with having to have a specific body if I want to have my job. When you told us about self harm I felt so empowered to help myself as well as others. Because of you and your speech I feel like I can come to school without having to worry about what I look like :) I know that sounds silly but you have no idea how good it feels! Thank you so much for changing our lives" Year 9
- " My daughter attended your talk at her school last week. I just wanted to let you know she thought it was amazing:) She could not stop telling me about it. She said it was funny, sad and an eye opener for her. Thank you so much for sharing your experiences. This talk will stay with my daughter forever. As a lot of girls, my daughter has had self esteem concerns however your talk has put things into perspective for her. You are truly inspiring Amy and are doing a fantastic job. Thank you once again. Take care." Parent

ENCOURAGING & GUIDING TEENS TO SEEK HELP:

- "I just wanted to thank you for talking to us and let you know that you really helped me. I couldn't believe how much I related to so much of what you were saying, and it feels so good to know I'm not alone. You were really inspirational, and I wanted you to know that you've honestly made an impact on my life now. When I got home I checked out e-headspace, which you mentioned, and talked to somebody there, and I literally just realized that I went all afternoon with barely any negative thoughts about myself. I just looked in the mirror and without even thinking about it, when the negative thoughts came, I fought them. I know there's no instant cure to feeling good about yourself, but I feel like now maybe taking the steps to liking myself doesn't seem quite so scary and daunting anymore. Your braveness and everything you've overcome is inspiring, and I really admire you. Thankyou for giving me hope." Year 10
- "You came to my school and told us about your teenage life and what you've learnt. I just want to say thank you from the bottom of my heart because I finally plucked up the courage to call Kids Helpline about my Depression and stuff. Thank you so much." Year 9
- "Thank-you for the talk you did at my school today. You really showed me that you shouldn't be afraid to talk to someone if you need help. I've now done that. Thank you it really helped a lot." Year 10
- "You came into my school a few months ago and you mentioned some good websites where people could go if they have to talk to someone. I was wondering if you could tell me what they were called again as I'm now ready to speak up and get help. Thank you so much Amy." Year 8

HEALTHY EATING:

- " You came to my school and I just want to thank you so much for your honesty. Since about year 7 I hadn't eaten at school at all. I would avoid all food until I got home and then I would gorge on everything we had in the kitchen. After you came and spoke to us yesterday, I felt happy. Like, I don't need to worry about what I eat anymore. It doesn't make me feel any happier not eating. I just really really wanted to thank you from the bottom of my heart for making me realise I need food and I'm not going to get anywhere without it. I ate lunch today and I felt pleased with myself and I still felt satisfaction when I got home but for a better reason. Thank you so much, Amy, really." Year 10
- " I was at your presentation today and I just wanted to say thanks. My friend had not been eating, and my other friends and I were worried for her. At one point we made here eat but it would only be a muesli bar. After your talk today she declared to us that she was going to eat properly again and this time we could tell she really meant it. Thank You" Year 9
- "You spoke to my year 10 group today and last week . It brought up some painful memories and thoughts. I'm suffering with an Eating Disorder and knowing that you've overcome everything you dealt with, and that you are so happy with yourself and your life, helps me realise that I can fully overcome my problems too. It may seem silly, but I just wanted to say thank you! You made me realise that I won't have problems forever, and that it's okay to have bad days as long as I learn to pick myself up. It's been a while since I've felt like everything will be okay, so thank you- for sharing your story, giving me hope, and teaching me that life won't always be so bad!" Year 10