

# Teen Self Esteem: Covering all aspects of being a teen - the good, the bad & the 'perceived' ugly!

Having worked with over 20,000 Teens (Y1 – Y12), Teachers, Parents & Adults, Amy sheds light on the hot topics, issues & challenges teens are telling her they're facing in today's society. She provides insights, messages of hope as well as fun & easy tips that can be used daily to cope.

★ Hilarious

★ Inspiring

★ Interactive

★ Relevant



Are your teens obsessing about their looks, body and image, joining the fad diets and running on empty in terms of a healthy consumption of food? Are they experiencing bullying (face to face & cyber), hiding their individuality rather than embracing it and using unsafe coping mechanisms to deal with the pressures in their world?



Do your teens need to get some perspective on themselves, their relationships, the long-term impact of their choices and how to enjoy the best that this age has to offer?

## AMY'S 60 MINUTE PRESENTATION CAN COVER:

- Mental Health, Illness & Wellbeing
- Body Image, Self Comparison
- Judgement
- Replacing Self Harm with Self Care
- Social Media and Unsociable Behaviours
- Building Resilience
- Understanding Bullying
- Embracing Your Uniqueness
- Self Respect
- Healthy Eating
- Looking After Yourself & Your Peers
- Coping with Year 11 & 12
- Making Year 7 A Year to Remember
- Appreciating Life at any Age
- The Best Things About Being Young

### Does it sound like heavy stuff?

#### Well that's why laughter, stories and interaction are so important!

While there are often tears during Amy's presentation, there's also a lot of laughter and many people beaming from ear to ear. The energy afterwards is positive and uplifted as Amy has not only named a lot of the things we're all facing; she provides real ways of dealing with them. She may then spend several hours at night responding to emails and Facebook messages from teens, parents and teachers expressing their gratitude for saying how it is and sharing their own stories.

It's a presentation that entertains, inspires and provides a way forward.

### ABOUT THE PRESENTER, AMY COOMBE:

Having appeared on Channel 10 'The Project', Channel 7 'Today Tonight', CLEO Magazine, The Mental Health Commission Magazine 'Head2Head', WA Family Magazine 'Offspring', The Sunday Times, Perth Now & The Australian Online.

Amy understands what it's like for teens as she herself is a survivor of teenage Anorexia, Depression and the onset of self harming. Having worked through her demons and got her life back, Amy is now a Nationally Accredited Life Coach, Professional Inspirational Speaker and Mentor for Youth. Amy walks her talk, knows her stuff & is passionate about making a difference.

To enquire about Amy's availability, go to [AmyCoombe.com](http://AmyCoombe.com)

*"I think Amy is doing something really special. She talks about the most serious things with so much heart and humour. The more young people who can hear her message, the better for all of us."*  
Andrew Horabin

*"Ever since you spoke with us, my perspective of my body has changed. I've always viewed myself as fat and ugly but now I'm actually comfortable with my face and body. I no longer cringe when I look in the mirror or have a massive breakdown when I see myself. I finally have confidence & I have you to thank for that. I have never felt good about myself or happy with my life until now. You are such an inspiration & so bloody funny!"* Student - IMCC

*"I attended your talk last night and was blown away. Albeit very emotional it was awe inspiring. I think it is a message all teens need to hear".* Parent Narrogin High

