



THE

# R.E.A.L. ME PROJECT

*By Better Living Solutions, LLC*

*The REAL Me Project was launched in 2014 by Better Living Solutions to develop positive self esteem and body image, improve confidence, and promote balanced relationships with food and exercise*

**Respect** Yourself  
**Eliminate** Your Fears  
**Affirm** and Empower Yourself  
**Learn** the Tools to Overcome

*We all have that inner voice that speaks to us in the privacy of our own minds. What does your voice say? Do you limit yourself or talk down to your self by using words such as "I Should", "I Have To", or "I Can't". How often do you talk to yourself kindly and with respect? Learn Ways to Empower Yourself and Change Your Belief System About Yourself through the Real Me Project.*

## OUR WORKSHOPS

Our workshops have information for people of all ages. They are led by Licensed and Certified Associates of Better Living Solutions.

Our Workshop Topics Include (but are not limited to):

DISCOVERING THE REAL ME: BUILDING SELF ESTEEM, CONFIDENCE, AND BODY APPRECIATION.

LET'S BE REAL AND TREAT EACH OTHER KINDLY: ANTI-BULLYING CAMPAIGN FOR BUILDING HEALTHY RELATIONSHIPS AND POSITIVE COMMUNICATIONS SKILLS

THE REAL FACTS ABOUT NUTRITION: TRUTHS VS MYTHS ABOUT FOOD & BALANCED WAYS TO FUEL YOUR BODY

THE R.E.A.L. TRUTH ABOUT EATING DISORDERS - EDUCATION, PREVENTION, AWARENESS, & SUPPORT (WORKSHOPS FOR PARENTS, TEACHERS, COACHES, & CAREGIVERS)

RECOGNIZING, SUPPORTING, AND PROVIDING RESOURCES FOR MENTAL HEALTH AND SUICIDE AWARENESS IN MIDDLE AND HIGH SCHOOLS

If you would like to design a workshop with us, you can visit our website at <http://blscounseling.net> or call 850-765-6769 to Design Your Own!