

Miss A.R.T

ACTIVATE • RESHAPE • TRANSFORM

Innovative program for teenage girls



Being a teenager can be really tough. You're under pressure from your family, your teachers, your friends, social media and your own expectations.

You feel like you have to be perfect and have the perfect body and the perfect life. You want to fit in and feel like you're good enough. You wish you knew what your future held and what your purpose is.

Miss A.R.T is not about painting nor craft the 'Miss' stands for **YOU** and the A.R.T stands for **Activate, Reshape and Transform**.

Miss A.R.T is a program for girls aged 12-14 and 15-18 that shows you how to be **HAPPY, HEALTHY** and **CONFIDENT**.

Miss A.R.T is empowering, fun and dynamic.

*It's time for you to be More Than OK.
To be your best self. Your best friend.
Strong. Powerful. Self-aware.*

Whilst we do have an enrolment fee for Miss A.R.T participation, we understand that finances can be difficult at times and have full or part scholarships available. To apply go to missart.com.au.

Go to missart.com.au to register for an information session or book into our next school holiday program. Places are limited.

"Before Miss A.R.T. I was feeling down, unimportant, lazy and taken for granted. I now feel uplifted, grateful, happier, empowered and appreciated. I also now truly appreciate myself, all the wonderful things in my life and my true power as an individual."

"Before Miss A.R.T I was feeling awful and lost, I had no clue where my life was headed and thought everything was so bad, I couldn't grasp the positives in my life. I am now feeling amazing and I now appreciate my beautiful life so much! Everything I do now, I do for me and not based on others and I feel beautiful."

"Before Miss ART I was feeling down and hopeless. I was also feeling very unmotivated and had some harsh opinions on my body. Now, I feel confident in myself and my future, my thoughts and plans are clearer and I'm truly learning to love and accept myself."

"Before Miss A.R.T I was depressed, miserable, lonely, tired and felt worthless. I am now feeling happy, confident, bubbly, energised and ready to conquer anything."

The Miss A.R.T Program Modules

Foundations of Success - get clear and know what you want and how to make it happen.

The Mechanics of Your Mind - understand your beautiful brain AND your feelings and emotions.

Positive Thinking - change the negative voice inside your head and develop a self-belief mindset and be your own best friend.

Healthy Habits and Body Love - say no to dieting and food confusion and have a positive body image.

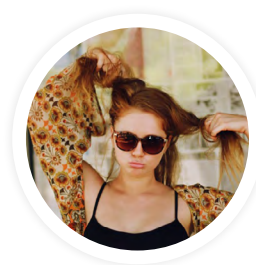
Social Media Savvy - learn mobile, email and social media etiquette and safety.

Personal Power - be empowered by knowing how to keep yourself safe, say no, set boundaries and resolve conflict.

Personal Presentation - learn how to take care of your skin and style your hair.

Build Better Relationships - feel connected and included and make friends for life.

Calm and Confident - stress less by learning how to be mindful and how to meditate.



Go to www.missart.com.au for more information or call Catie Kirke on 0411 383 761.