SELF LOVE BEAUTY TEEN CONFERENCE IMPACT REPORT

"The teen conference really helped me discover that I do have a purpose in my life and taught me how to find that."

"The whole event was a blast and it really changed my emotions about myself."

"This conference made me feel safe and was a judgement free zone."

ABOUT THE TEEN CONFERENCE

In February 2020, Self Love Beauty hosted their first Great Lakes Bay Region Teen Conference at Saginaw Valley State University. Attendees gained knowledge around topics of Taking care of your mind & body; Self-esteem & confidence; and Passion, purpose, and goals. The intention of the conference was to provide tools to enhance confidence in teens in the areas of empowerment, purpose, mental wellbeing, self-confidence and self-care.

It was a fun day filled with:
- Breakout sessions on navigating friends, mindfulness, affirmations, self-esteem, character and more!
- A session on mental health for parents
- Panel discussion on Resilience
- Activity on purpose and what they learned

THANK YOU OUR SPONSORS:

JUNIOR LEAGUE OF THE GREAT LAKES BAY REGION

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ABC Associated Builders and Contractors Greater Michigan

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OUR IMPACT

36%

Increase in how to leverage their emotions to evaluate their relationships and understand the importance of positive emotions

31%

Increase in how important resilience and grit are in their life

"The SLB conference is very motivating and inspiring, and you should attend because they teach things everyone should know."

36%

Increase in how to practice mindfulness and apply it throughout their day

25%

Increase in knowledge about a growth mindset and apply learnings

"I learned I need to choose my friends more carefully, that I have a purpose in life, and I got to meet new people and gain the confidence I need in my life."

26%

Increase in resources and confidence on how to handle new situations and challenges

27%

Increase in how character strengths are and how to leverage them in my life

73%

Increase in education about Self Love Beauty and what they teach

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