



BODY KIND WORKPLACE

EXPLORING POSITIVE BODY IMAGE AND ENCOURAGING EVERYONE IN THE WORKPLACE TO BE KIND TO THEIR BODY AND TO OTHERS.



Poor body image has a significant impact on wellbeing and can lead to physical and mental health problems, including eating disorders. It can also impact a person's ability to perform to their best and engage in opportunities. Whilst the way we feel about our bodies is influenced by many things, a person's place of work can also be a significant contributor. This session explores how to foster positive body image in yourself, in others (friends, family members etc) and in the workplace.

Whilst the session does aim to increase understanding of eating disorders the focus is on prevention and fostering positive body image, healthy behaviours and early identification.

"This is an issue that many of our staff have expressed interest in and as a workplace we want to be inclusive of all bodies and support healthy relationships for all staff.

Corporate Affairs, MEL

Bookings, fees & questions please contact

Butterfly Prevention Team
education@butterfly.org.au
02 8456 3908
www.butterfly.org.au



AUDIENCE
Workplaces/Employees



SESSION LENGTH
45mins – Face to Face or Virtual



GROUP SIZE
No upper limit



COST
\$1,450 +GST

KEY THEMES

- Understanding body image
- The spectrum of body and eating issues and the importance of prevention
- Body image influences, including diet culture, weight stigma, appearance talk and social media.
- An overview of eating disorders, common warning signs and how to have a care conversation
- Attitudes, beliefs and behaviours to support body kindness in ourselves, others and in the workplace
- Role modelling body kindness in life and at work through mindful language and celebrating body diversity
- Referral and support information, including Butterfly's National Helpline