

Body-Image & Self-Esteem Workshops

Nicole Clark Helps Girls See Through the Media Matrix.

Former Elite fashion model turned champion for girls' self-esteem, takes on the media in her **documentary** "Cover Girl Culture." Media renegade, Nicole Clark, has helped girls across North America see behind the media matrix in her documentary. Based on the popularity of her film Nicole has become a respected presenter for youth-serving organizations. **Nicole now offers workshops to girls in middle school & high school.**

Nicole's background as an 'Elite model' gives her credibility with girls, making it easier for her message to reach them. Nicole has worked with teachers and professionals to develop her **workshops** and companion DVD *Seeing Through the Media Matrix*.



Video highlights of her workshops are posted online. www.covergirlculture.com



School Tour: Nicole speaks to girls in schools, churches and community groups. She also presents workshops to teachers, counselors and youth leaders to provide tools to help girls.

Book Nicole to present her workshops at your school, girls' organizations or community group.

GIRL SCOUT TROOP LEADER "Cover Girl Culture is an eye-opening documentary I believe is important for girls to see. I was amazed by the insights the 7th grade girls came away with regarding the mixed messages, hypocrisy and lack of responsibility the teen magazines and fashion industry churn out. They were so passionate about how important this message is that they chose this topic for their Journey Take Action Project."

ELISSE JACKSON, Troop 2943, Los Angeles

Challenging the Media!

Key benefits of Nicole's presentations:

- Helps girls learn how media has manipulated their perspective on body image and beauty.
- Reveals the motives behind advertisers and challenges audiences to take back their power.
- Examines why we've given our power away and allowed fashion editors and advertisers to dictate beauty to us.
- Encourages girls to become media activists and develop critical thinking skills.
- Powerful insights and solutions to the body image epidemic our girls face. Size zero explained.
- Practical ways to love your body and boost your self-esteem while living amid the media pressure to

www.CoverGirlCulture.com

Nicole Appeared On CNN Dec 2010 & Aug 2011 to address the nation about the problems with the sexualization of girls by media and what parents can do to help protect girls.

Image to left: Media Literacy workshop Nicole hosted in Canada

Email a request to: info@zenpenfilms.com



Girls' media literacy group from Cover Girl Culture