



PRESENTATION NEEDS AND REQUESTS:

Thank you for inviting *Love the Skin You're In* to your school. We would like to extend my deepest gratitude to all of you for creating a space in what I can appreciate is packed programming. I look forward to an enduring partnership with you. To ensure a continuing smooth experience I would greatly appreciate your mindful attention to the following steps, as experience has taught us that they are key to building a successful event:

- Our preference is to arrive one hour prior to our seminar start time to oversee the equipment set-up and sound check with the aid of your school's A/V tech support person. Please provide the email of your AV person two weeks in advance.
- Please have the venue clear one hour prior to start time. Rather than becoming preoccupied with technology, we prefer to be available to joyfully greet your students and set the tone with them as a peer as they're filing into the venue.
- Please seat your students on chairs. We play upbeat music and connect with the audience as they enter the event, inviting them into a sensory experience that says, *This is going to be fun!* We also value their comfort during the conversation.
- We bring 3 different adaptors with us to connect our MacBook to any projector. The equipment needs are a projector, microphone, sound system that plays video through our computers, and a screen (10 ft+ strongly preferred).
- Please provide small sheets of paper and pens/pencils for the students to provide onsite presentation feedback immediately following. **This is very important** as they often feel vulnerable toward the end and are much more likely to come forward, making this opportunity *code* for disclosure. Canada has witnessed a 42% increase in eating disorders among 10-19 year-old girls since 2012. When students provide their emails, I always follow up as the conversation often betrays early signs of disordered eating and informing schools of student distress is a top priority.

CONTACT AND SOCIAL MEDIA FOR STUDENTS:

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Facebook: *Lindsay Brie Mathers*

Love the Skin You're In Source It From Within Campaign

twitter: @briemathers,

tumblr: lovetheskinyourein11

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INTRODUCTION:

Since launching Love the Skin You're In over 10 years ago, Brie Mathers has spoken to 85 000 young women across Canada, the U.S. and New Zealand about mental health, media literacy, and mindfulness. She lives between Muskoka, Canada and a northern California Zen Temple where she has spent over 3000 hours on her meditation cushion. She laughs at Amy Schumer, boycotts Victoria's Secret, and wakes up inspired by the teen social media activists that form her core team. But this talk is not about Brie. It's about you. It's about a conversation that every young woman has with herself every time she looks in the mirror. It's about how we are all impacted by the celebrity culture that we live in and how well we love one another. However you feel about your body, and no matter who you think is prettier, Brie's hope for is for girls to walk out of the room feeling lighter not because of the number on the scale, but because beneath all the stories of who we think we are, lies something that unites us. Please welcome Brie Mathers.

Schools are welcome to post any part of this profile and/or my site on their school site. I recommend this [video](#).

Similarly, we would like to let your community know about this tour through a press release. Please let us know if you have local connections you can reach out to.

Finally, we are currently filming a documentary called *You Got This – Owning Body Image* which features interviews with individual girls and the journey of *Love the Skin You're In*. Please let us know whether your school would like to participate in its creation. If this is workable, we will eventually need parent-signed release forms. Interviews would be scheduled following the talk at your school.

Thank you for your responsiveness to these requests. If you have any further questions, feel free to contact us by phone or email: 831.277.7222.

FOLLOW UP:

Ask us about our new, colourful 8-unit follow-up handbook!

Looking forward to seeing you soon!

Gratefully,

Brie Mathers,
Founding Director