What does it mean to be a beautiful person?  
What is the source of self-esteem?

As part of Central Coast Rudolf Steiner School’s Parent education:

A talk by Lisa Devine

The challenges facing girls growing up in the 21st century are a source of concern for many parents. The ‘pinkification’ of childhood, the sexualisation of pre-teens, their targeting in advertising, the current rise in eating disorders and self-harm behavior among girls—these all highlight the need for mindful parenting. We cannot completely protect girls (or ourselves for that matter) from these challenges but we can give them an antidote to the poison that is undermining their experience of their own beauty, their self-esteem, and their relationships with each other.

We can reclaim beauty and the image of womanhood in the 21st century both for ourselves and for them. This talk will explore the true sources of the sense of beauty and self-esteem, the fostering of healthy friendships between girls, the role of fathers, and how we can respond to the struggles girls have with eating disorders and self-harm.

Lisa Devine began working with at-risk youth and in the disability field. She has a Masters in Psychology and has counselled young people and their families over many years. Her connection to the work of Rudolf Steiner began through Eurythmy training and has deepened ever since. She has worked as a Chaplain/Counselor in three Steiner schools in Melbourne and is now the Chaplain for Glenaeon and Central Coast Rudolf Steiner School. Lisa is a core tutor at Sydney Rudolf Steiner College.

Date: Term 4 Friday 1 November  
Time: 1.30pm  
Venue: Central Coast Rudolf Steiner School,  
Corner Station Road East and Catamaran Road, Fountaindale, NSW, 2258  
To register or enquire: please contact info@ccrss.nsw.edu.au or 02- 4362 3400  
Cost: Free, but please register