

➤ Inspirational Stories ➤

Going Above & Beyond to Bring Transformation to Girls

"Seeing the girls faces light up when they received something so beautiful and just for them was priceless..."

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A Facilitator's Passionate Persistence to Fund Esteem Designz

We are so excited to celebrate how Sheree is empowering girls through Esteem Designz.

With no means of funding by the school or parents, Sheree set off determined to find funding to run Esteem Designz at her school.

Resource Activities

Sheree's inspirational Journey

+ Tips on How to Fund

+ **Basic Grant Application / Funding Letter** – to help kick start your funding goals – all you need to do is add your details.

<http://www.esteemdesignz.com.au/shop/fundraising-ideas/>

[Download Word Doc of Funding Letter](#)

WHY WAS IT SO VITAL FOR YOU TO RUN ESTEEM DESIGNZ PROGRAM IN YOUR SCHOOL?

Sheree is passionate about **girls recognising their intrinsic value** and **liking themselves for being simply who they are**. Sheree says, she “saw the **immense value** in **facilitating a program** that would be **inclusive** of all the Year 5 and 6 girls and would **create opportunities** for the girls to **appreciate the diversity of others...**”

I was **highly recommended** Esteem Designz Program by local, respected educators, and appreciated how the projects were **well designed, beautifully presented, and immensely researched**. I loved the **creative space** the **design projects presented** and the way this allowed the girls to both **be individuals** and **also contribute to the whole group...**”

She had seen the incredible impact Esteem Designz Program could have on girls after running **Southern Cross Kids Camp** and providing an Esteem Designz **Girls Resource Kit for each girl** at camp. “Seeing the **girls faces light up** when they received something **so beautiful** and **just for them** was price-less... Watching the girls work away on their design projects with their buddies, the **sense of belonging** and **togetherness** it created, and the **meaningful conversations** that it **enabled** was a **camp highlight** for not only the campers, but the buddies too...”

I was **so encouraged** seeing, in just one week, the girls lifted their heads a little higher as they **began to value themselves**, and know that someone believed in them and championed them. **I wanted this same transformation and empowerment for the girls at my school...**

And am so thankful to be able to bring a program of this **calibre** and **integrity** to my school and **really value this time** with our year 5-6 girls.”

WHAT WERE THE GIRL'S REACTIONS WHEN YOU GAVE THEM THE KITS AT SCHOOL?

“Our girls were **VERY excited!!!** Some comments were, “**Is that for me?**”, “**I love it!**” and “**Thanks so much!**”. I loved being able to be part of their excitement and to be able to **provide such a life-affirming gift**. As the girls investigated the contents, they loved the materials and many pulled out the Clue Cards and Encouragement Cards.”

WHERE ARE YOU UP TO IN ESTEEM DESIGNZ PROGRAM?

“This week will be week 4 into the program and beginning stage 2. I **love how flexible this program is** and that because the **materials are supplied** with the kits my **focus** in facilitating is about **building relationships** and **ensuring the girls feel heard and acknowledged**. The **girls are looking forward to creating** a part of this stage and we have had **discussion around difficulties** they have faced or are facing. This has also been an **opportunity** for them to **identify with and encourage each other.**”

WHAT HAS BEEN SOME OF YOUR FAVOURITE MOMENTS FROM ESTEEM DESIGNZ SO FAR?

"I love that there is **potential for new relationships and friendships** outside of the separate Year 5 and 6 groupings, and that the girls are beginning to **appreciate various characteristics of themselves and others**. They have started to see that different is not bad and that there are **strengths to being different** than someone else. In a transition to high school, I am confident that the journey of Esteem Designz will **continue to scaffold and support their sense of self** and in **developing friendships and negotiating change**."

WHAT HAVE YOU STARTED TO SEE IN THE GIRLS THAT YOU ARE EXCITED TO CONTINUE GROWING?

"I love seeing their **joy and willingness to give something new a try** i.e. the design projects a go and how some **girls will assist others** if they are experiencing difficulty. I've seen the girls **encourage each other** and I love that they genuinely look forward to spending this time together. I am looking forward to continuing this journey with the girls this term..."

HOW DID YOU FUND THE PROGRAM?

"After viewing the **Esteem Designz funding resources online**, and getting **advice and information directly** from them, I wrote a **sponsorship letter** and sent it out to 8 or so different local clubs / sponsorship bodies, grant suppliers. E.g. United Services Club, Tradies, Golf Club, Lioness, Lions Club, Rotary Club, Club [suburb]..."

I then **followed the letter up** with an email (attaching the letter), and a phone call."

Sheree comments, "I was **ecstatic when I received the letter** from Club Menai/Hurstville that our **funding was successful**, I couldn't wait to get started. It was **completely worth the effort** to gain funding!"

Thank you for your dedication Sheree!
You are championing the revolution of empowered girls.

Thank YOU for partnering with us too!

Place your logo here

Type the address of
the funding group
you are applying to

To whom it may concern,

I am contacting you as the **your role at your organisation / school** (e.g. school chaplain at **Bonnet Bay Public School**). As **a/the your role** (e.g. chaplain), my role is to support the social and emotional well-being of the school community. It is imperative that each child feels safe, supported and has a sense of belonging. From this connected community, students have the potential to thrive.

I would like to invite you to consider partnering with **your organisation / school** (e.g. **Bonnet Bay Public School**) with the implementation of **Esteem Designz**, a program designed specifically for teenage girls, empowering them to be confident in their identity, know their value and worth, and equip them with skills and tools to flourish in life.

Both experience and research indicate that many teenagers are becoming discontent and detached from life, and that one in five suffer from emotional or behavioural problems with little or no intervention or treatment, resorting to self-destructive ways to deal with life (Group 2009).

Studies also show that to effectively respond to the problems teenagers are facing, the underlying issue must be addressed, that of low self esteem, the primary origin of all problematic behaviours (Candito 1996).

Low self esteem can lead to disappointment, loneliness, the inability to cope with change and challenges in life, self destructive behaviours - exclusion, depression, anxiety, suicide, eating disorders, violent behaviour, substance abuse, careless or pressured sexual activity, poor social skills and relationships, joblessness, a lack of motivation, poor mental and physical health and more.

75% of girls suffering from low self-esteem are engaging in self-destructive behaviours, depression, self-harm and even suicide.

Esteem Designz aims to be a solution to these issues, imparting self-worth, self-confidence, identity, self-awareness and self-belief – the foundations to navigate the challenging developmental years, as well as equip them with practical life skills and tools to help them to endure and thrive through life's challenges.

Esteem Designz empowers girls to effectively engage in the society around them, modelling and encouraging others to develop the strategies they themselves have applied.

It can play a key role in supporting the Personal Development strand of the PDHPE curriculum in addition to strengthening resilience, friendships, and social skills in promoting unity, appreciating diversity, leadership skills and helping the girls respect and value themselves and those around them.

Utilising creativity, the program covers 5 different carefully focused stages, each designed to engage, equip and empower girls. These design projects are expressive and practical tools / coping strategies that the girls can continue to use throughout life. Each girl receives a beautifully packaged resource kit containing a Reflective journal, Clue Cards for life, Encouragement cards, the Instructions booklet for each of the main design projects of which all materials are supplied. This resource kit itself places value and affirms the girls participating in **Esteem Designz**.

70% of girls believe that they are not good enough or don't measure up in some way.

A common theme that resonates within our community is the ever-increasing issues and pressures girls are facing, including the deceiving messages of perfectionism through the media, constant comparison, peer pressure, unrealistic expectations, girls feeling inadequate, lacking confidence and self-awareness, as well as the skills to cope with the inevitable changes and challenges of life.

In my research of **Esteem Designz**, I was encouraged that psychologists, art therapists, councilors, social workers and educators have been consulted throughout the development and design of **Esteem Designz Program** to ensure the resource responsibly meets and addresses the needs of teenage girls.

I would love the opportunity to facilitate this comprehensive and uplifting program at **your organisation / school (e.g. Bonnet Bay Public School)** in **when would you like to run the program (e.g. Term 4, 2014)** and need your support to provide this tool to our **who would you like to run the program with (e.g. Year 6 girls)**.

The cost per student is sixty dollars for the individual Girls Resource Kit that is utilised throughout the program. The total number of girls in **who you want to include (e.g. Year 6)** is **number of girls (e.g. eighteen (18))**. We also need to purchase the Facilitator's Manual that costs eighty dollars. The shipping cost for these resources is **cost of shipping (e.g. thirty dollars)**.

As such the total amount would be **total cost (e.g. \$1190.00)**.

I recognise that the total amount may not be feasible and would appreciate your consideration of a contribution toward the total amount for the program.

I am aiming to facilitate **Esteem Designz** at **your organisation (e.g. Bonnet Bay Public School)** in **when you want to run it (e.g. Term 2, 2014)** over **sessions you want to run (e.g. nine weeks)** and am excited about the potential to walk alongside parents/carers to facilitate an inclusive and encouraging creative environment in which our **girls you want to run Esteem Designz with (e.g. year 6 girls)** can develop a positive sense of self, form positive and respectful relationships, grow in social and emotional skills and cultivate critical skills in choice making, communication, encouragement and problem solving in a fun, interactive and meaningful environment.

I am more than happy to answer any questions you may have and am available on **your contact details (e.g. number and email)**.

Furthermore extensive information regarding Esteem Designz is available at www.esteemdesignz.com.au

Thank you very much for your time and I look forward to hearing from you,

Kind Regards,

Your name
Your position and organisation / school

