



Girls who Glow is an exciting workshop for teens, empowering them to be the best, healthiest and happiest versions of themselves.

Founders of Girls who Glow Liv Phyland and Teigan Nash have teamed up with Jules from The Sebastian Foundation, to bring you 3 workshops in the September School Holidays- Gold Coast 17th Sept, Melbourne 25th Sept and Sydney 29th Sept.

This is not your ordinary workshop! It's a fun interactive day, where you are encouraged to make new friends, mingle with Liv and Teigs and the other guest speakers, have fun and step outside your comfort zone.

Liv Phyland- Former ABC3 Host and current Presenter on the Loop, has a passion for promoting positive health and wellbeing. Having studied Psychology at UNI and then moving onto Health Coaching, Liv has a wealth of knowledge and advice.

Teigan Nash- Former Saturday Disney Host and now working as a freelance Presenter. Teigan also was hit with the feel good bug and feels strongly about being true to yourself and supporting one another. Teigs has her Nutrition Certificate so is all about promoting health, not only through food but the mind as well!

Liv and Teigs were inundated with messages from Teens about a lot of issues from online bullying, how to study for exams, not fitting in at school, toxic friendships, depression, anxiety, body image to name a few. So one sunny Sydney day the two met and decided that they wanted to help make a change. Because after all, teenage girls deserve to have fun, be vibrant and feel fabulous in their own skin.

With that... Girls who Glow was born!

Core Topics on the day:

Nutrition

Exercise

Social Media and Body Image

Relationships

Mental Health

There will be a number of incredible guest speakers involved in the day; actress', influencers, sports personal, experts, presenters, psychologists... the list goes on. A full catered lunch and snacks will be provided, and the girls will walk away with an awesome goodie bag, new friends and with a new glowing zest for life.

Come along and join the #GirlsWhoGlowSquad

Tickets available at <https://thesebastianfoundation.org/news/girls-who-glow-workshops/>