

Empowering girls to know & appreciate their own bodies is an essential foundation for life.

Follow your flow

know your body and be empowered



Programs & Seminars

Supporting girls to navigate puberty & beyond.

- **Our programs support girls to:**
- Understand their bodies
- Connect to whats happening in their bodies
- Appreciate themselves
- Feel empowered
- Make self-loving choices
- Respect who they are
- Talk about what's going on for them
- Get the right support and medical attention where needed

Uncovering
the truth
about periods.
An education
we ALL need.

FOR BOOKINGS & MORE INFO, PLEASE CONTACT:

sara@followyourflow.com | www.followyourflow.com.au | 0419 331 557



YOUR PRESENTER: Sara Harris (BHSc, Dip RM, Grad Dip Couns, Cert IV TAE, Adv Cert Nat Fert Ed.)

Sara has been working & studying in the field of complementary medicine for nearly 2 decades and is currently completing a Masters in Women's Health Medicine. She has a great love of supporting girl's & women in understanding themselves and their bodies from the inside out, where this then forms a foundation of confidence, steadiness, self-assuredness and an innate knowing of their worth. Sara has extensive experience and a commitment to ongoing research in the area of girl's & women's reproductive health.

Sara's qualifications include a Bachelor Degree (Honours) in Health Science, Graduate Diploma of Counselling & Certificate in Natural Fertility Education among others. Her experience includes writing and delivering well-being programs for young people & regularly presenting on health & wellness for adults and young people alike.



Programs & Seminars

DID YOU KNOW?

- 58.2% of girls indicated body image was a major concern (Mission Aust, 2017)
- For 40.9% of girls, coping with stress was a major concern (Mission Aust, 2017)
- 90% girls will experience some degree of PMS
- 1 in 5 women will be diagnosed with PCOS
- More than 1 in 10 women suffer from endometriosis which often begins in teenage years

These unique programs are available for groups of girls and boys, to bring more awareness to menstruation. We bring a wholesome truth to understanding girl's & women's bodies, in an interactive and inspiring way. When young people understand and start to have a relationship with their body, they gain more trust and a deeper respect for one another and for themselves.

Follow your flow

Know your body & be empowered.
PROGRAMS FOR GIRLS

These sessions can be tailored to include the following topics:

- What is menstruation?
- When do changes start happening?
- Understanding the ebb and flow of the menstrual cycle – how can we work with it rather than against it?
- Debunking the myths and misconceptions about menstruation.
- What is ovulation and when does it happen?
- Appreciating the intricate nature of hormones and how they work.
- Exploring self-care and how to listen to your body.
- Being practical – how to support yourself in difficult, challenging & potentially painful times/situations.
- Understanding emotions and PMS and practical ways to deal with this.



Be in the know

PROGRAMS FOR BOYS

These sessions can be tailored to suit the age and group of the boys.

We present a modified version of 'Follow your flow' for boys to gain a deeper respect, understanding and appreciation for the intricate and delicate nature of a girls/woman's body. This in turn, allows them to reflect on the wonder of their own bodies and the changes that also occur for them but in different ways. Space will be provided for the boys to ask lots of questions and to share some of the challenges they may feel growing up from a boy to a man.

FOR BOOKINGS & MORE INFO, PLEASE CONTACT:
sara@followyourflow.com | 0419 331 557