

# Loveability

## Empowering Girls for the World of Dating and Relationships

**This 1-hour workshop is suitable for girls aged 14 and over, including those who have not yet started dating. It is based on the work of Dannielle Miller, co-author of *Loveability: An Empowered Girl's Guide to Dating and Relationships* (HarperCollins 2014).**



### What the experts say about the book *Loveability*:

"Finally, an empowering advice book for teenage girls. Brilliant and about time. Should be compulsory reading."

**Mia Freedman**  
founder/publisher [Mamamia.com.au](http://Mamamia.com.au)

"Possibly the first book in the world to treat teenage girls as the responsible, intelligent human beings they (mostly) are."

**Jane Caro,**  
author, lecturer and social commentator

"How lucky the young girls reading *Loveability* are to have a resource so wise and accessible, to help them navigate the often messy world of love."

**Jacqui Manning,**  
psychologist and media commentator

### The Loveability workshop covers:

**The Loveability Myth** - Advertising, movies, music videos and the media would have girls believe that they should measure their loveability on a set of scales or in a bathroom mirror. In this session we unpack gender stereotypes, critically assess popular culture messages and discover what really makes us attractive to others.

**Healing Heartbreak** - Informative, positive and focused on building resilience, this session helps girls bounce back from any of life's inevitable upsets by responding to these key questions: How should I feel? How will I cope? How can I feel less alone? How long will it take to feel OK again?

**Single? In a Relationship? Who Cares I'm Awesome!** This session empowers young women to enjoy being single and realise they will be OK with or without a partner.

### Why do girls need the Loveability workshop?

Girls need help developing relationship skills because they are starting to date earlier than ever before. Seventy-two percent of teens report that relationships usually begin at age 14 or younger, and 20 percent of children aged 11-14 who are in a relationship say they keep it secret from their parents. *Loveability* equips girls with a toolbox of practical skills they can use to make great choices; and like all of Enlighten Education's workshops, it is interactive and highly engaging.



### About the Program Designer, Dannielle Miller

Dannielle Miller started her career as a teacher and then quickly became a major innovator in education and student welfare. In 2003, concerned about the struggles she saw countless high school girls go through with body image and self-esteem, she co-founded Enlighten Education. Guided by her vision as CEO, the company has become Australia's leading provider of in-school workshops for teen girls on body image, self-esteem and empowerment. Enlighten works with more than 20,000 girls each year across Australia, New Zealand and Singapore, and has expanded into the United States.

In 2013, Dannielle was listed by *Prevention* magazine as one of Australia's Most Inspiring Women Over 40 in the "Game Changers" category. In 2012, she was honoured with an Australian Leadership Award. She was deemed the country's number one Emerging Leader in Learning by *The Australian* newspaper (2009), one of Sydney's Top 100 Influential People by the *Sydney Morning Herald's* Sydney Magazine (2009), and NSW Entrepreneur of the Year (2007).

With Dannielle as CEO, Enlighten Education was a finalist for the 2011 Australian Human Rights Commission Business Award. Enlighten was named the Australian Small Business Champion for Children's Services in 2007 and was a finalist for Educational Services in 2010.

Dannielle is the weekly Channel 9 Mornings contributor on parenting and women's issues. Her latest book, *Loveability* (HarperCollins 2014), was co-written with Nina Funnell and provides advice for girls on how to have healthy relationships. She is the author of parenting book *The Butterfly Effect* (Random House 2009) and the companion book for teens, *The Girl with the Butterfly Tattoo* (Random House 2012).

[www.danniellemiller.com](http://www.danniellemiller.com)

[www.loveability.com.au](http://www.loveability.com.au)

[www.enlightenededucation.com](http://www.enlightenededucation.com)

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\$500 + GST for up to 100 girls**

Call 1300 735 997 (Australia only) or email  
[enquiries@enlightenededucation.com](mailto:enquiries@enlightenededucation.com) to make a booking.

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