



Session 2: Beautiful Minds

Inner bully, inner bestie.

Learning to become your own best friend and stopping the inner negative chatter.

Our internal dialogue is the continuous conversation that we have with our 'self' about everything that happens to us. We all have an inner bully, which is a voice that is nasty to us, puts us down and doubts every decision we make. We also have an inner bestie, who supports us, encourages us, and is kind to us.

Which one wins?

The one we pay attention to.

In this presentation, Marina will help students understand:

- How to identify the inner bully and when it is 'speaking' to you

- How to stop the inner bully from taking over
- The ways we can learn to be healthy friends to ourselves
- How recognising our strengths can make us stronger and happier, by starving the inner bully, and feeding the inner bestie.

Anticipated outcomes:

Students who attend this presentation will experience:

- A deeper understanding of what negative chatter does to your overall well-being.
- An enhanced relationship with themselves and others.
- Specific things they can do – starting NOW – to develop and improve their relationships with themselves and others.
- Students who attend this presentation will experience greater happiness and well-being.

