



INNER

GRAM

**SOCIAL MEDIA IS HERE  
TO STAY**

This powerful and dynamic talk addresses the harmful effects of social media on our self-esteem & confidence. Using the 5 icons of Instagram we look at where our confidence is being broken & with the help of a newly developed app (Inner-Gram) we download & install 5 practical ways that we can build a healthier more powerful self-image in a digital world.

IT'S TIME TO WRITE A NEW STORY

# 5 ICONS OF INSTAGRAM



**Home:** Teenagers are living in a broken world: many come from broken homes. They live with increased anxiety and depression, and wrestle with higher and higher expectations. Many suffer from a poor self-image: body-image issues, acceptance and doubting their value. They are asking: Where can I take refuge? Where is my home?



**Search & Explore:** We are all searching for meaning, purpose and identity. In today's world, social media is the platform where many teens seek acceptance and validation, at any cost. This is where they forge their identities, values and world-view. Are they seeing the best picture?



**Camera:** What is the lens through which I see the world? Social media has become a cauldron of comparison that leads to despair. Online lives become increasingly inauthentic and this filters into our friendships, relationships and personal lives. Is it possible to find a balance?



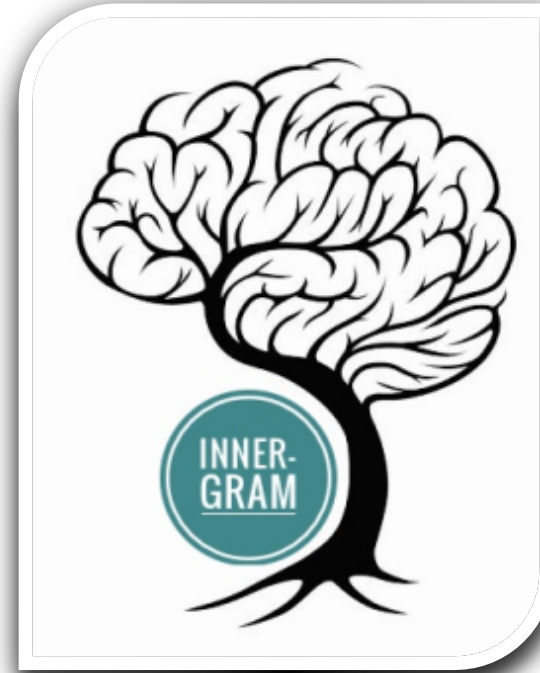
**Activity:** It's all about likes, followers and comments. Our self-esteem is conditional... You will like me if... I am valued because... A teenagers worth and value is tied to the external: grades, appearances, followers and friends. Is this where our true value lies?



**Profile:** Technology has made it easier for us to stay in contact yet, it is harder for us to have intimate and honest relationships. Who we surround ourselves with has a significant impact on our confidence, courage and self-esteem. Who is in your circle of influence? Do you settle for average?

**BOOK NOW**

# DOWNLOAD



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## **5** ICONS OF INNER-GRAM

**Powerful** tips to a positive self-esteem