

Body-Image & Self-Esteem Workshops

Nicole Clark Helps Girls See Through the Media Matrix.

Former Elite fashion model turned champion for girls' self-esteem, takes on the media in her **new documentary** "Cover Girl Culture." Media renegade, Nicole Clark, has helped girls across North America see behind the media matrix in her documentary *Cover Girl Culture*. Based on the popularity of her film with teens, educators, and parents, Nicole has become a respected speaker for youth-serving organizations.

Nicole's background as an 'Elite model' gives her credibility with girls, making it easier for her message to reach them. Nicole has worked with teachers and professionals to develop her **new workshops** and companion DVD *Seeing Through the Media Matrix*. **Video highlights** of her workshops are posted online. www.covergirlculture.com



Email: info@zenpenfilms.com

Public Speaking:

Nicole also presents half-day workshops to teachers, counselors and youth leaders to help them continue the work.



Book Nicole to present her workshops in schools, girls' organizations or community groups. (movie screenings also available)

GIRL SCOUT TROOP LEADER "Cover Girl Culture is an eye-opening documentary I believe is important for girls to see. I was amazed by the insights the 7th grade girls came away with regarding the mixed messages, hypocrisy and lack of responsibility the teen magazines and fashion industry churn out. They were so passionate about how important this message is that they chose this topic for their Journey Take Action Project."

ELISSE JACKSON, Troop 2943, Los Angeles

Challenging the Media!

Key benefits of Nicole's presentations:

- Helps girls learn how media has manipulated their perspective on body image and beauty.
- Reveals the motives behind advertisers and challenges audiences to take back their power.
- Examines why we've given our power away and allowed fashion editors and advertisers to dictate beauty to us.
- Encourages girls to become media activists and develop critical thinking skills.
- Powerful insights and solutions to the body image epidemic our girls face. Size zero explained.
- Practical ways to love your body and boost your self-esteem while living amid the media pressure to conform.

www.CoverGirlCulture.com

Nicole Appeared On CNN Dec 2010 & Aug 2011 to address the nation about the problems with the sexualization of girls by the media and what parents can do to help protect them.

Image to left: Media Literacy workshop Nicole hosted in Canada

Email a request to: info@zenpenfilms.com



Girls' media literacy group from Cover Girl Culture