



# BODYKIND WORKPLACE

EXPLORING HOW TO FOSTER A BODYKIND  
WORKPLACE WHERE EVERYONE IS KIND  
TO THEIR OWN BODY AND TO OTHERS.

i

Poor body image has a significant impact on wellbeing and can lead to physical and mental health problems, including eating disorders. It can also impact a person's ability to perform to their best and engage in opportunities. Whilst the way we feel about our bodies is influenced by many things, a person's workplace can also be a significant contributor. This session explores how to create a work environment where people in all bodies feel respected and supported.

Whilst the session does aim to increase understanding of eating disorders, the importance of early identification and how to support colleagues impacted, the focus is on fostering positive relationships with eating, movement and the body.

"This is an issue that many of our staff have expressed interest in and as a workplace we want to be inclusive of all bodies and support healthy relationships for all staff.

**Corporate Affairs, MEL**

**Bookings, fees & questions please contact**

**Butterfly Prevention Team**  
education@butterfly.org.au  
02 8456 3928  
[www.butterfly.org.au](http://www.butterfly.org.au)



**AUDIENCE**  
Workplaces/Employees



**SESSION LENGTH**  
1 hr  
Face to Face or Virtual



**GROUP SIZE**  
No upper limit



**COST**  
\$1,450 +GST  
(Additional Surcharges may apply  
for large groups.)

## KEY THEMES

- Understanding body image.
- Body image influences, including diet culture, weight stigma and discrimination, appearance talk, social media.
- The spectrum of body and eating issues and the importance of prevention and early intervention.
- An overview of disordered, eating disorders, common warning signs and how to have a care conversation.
- Supporting colleagues impacted by eating disorders in the workplace.
- Behaviours to support being kind to our own body and to others – language, eating and movement, self-care which is *BodyKind*.
- Positive role modelling in life and at work.
- Referral and support information, including Butterfly's National Helpline.