



Brie Mathers

- Founder, *Love the Skin You're In*™
- Book Author
- Songwriter, performer
- International seminar presenter
- Canadian Olympic Team candidate
- McGill University, BA with Distinction

- National press: *Focus* cover story; *Coastal Living* feature
- 12-yr yoga practice, 200-hr Yoga Alliance certified teacher training
- Contracted with Government of Canada Youth and Family Services
- Crisis intervention training, Québec Public Interests Research Group
- Solicited by publishing house to write a rites of passage creativity workbook
- 10 years Zen practice and study with residential training interval in monastery
- Contracted with acclaimed addiction recovery clinic; experience with celebrities

Wellness
Tools

*You were brilliant last night:
such an impressive presenter
with your dynamic interaction
with students – they loved you!*

– Professor, California State
University Monterey Bay

*Wow you rock!!! I now know
to love myself for who I am
and what I've got.*

– Participant, Toronto, Canada

Online
Resources



**LOVE THE SKIN YOU'RE IN™
U.S.A.**

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*Love the Skin
You're In!*™

*Flourishing Self-Esteem
Through Media Literacy Mentoring*



Where Body Image Meets Embodiment

SEMINAR DESCRIPTION

Love the Skin You're In™ is a dynamic multimedia exposé that transforms passive media consumption into an active critical process of recognizing misrepresentation and manipulation.

ENGAGING AND INTERACTIVE ...

Brie shatters the smoke and mirrors of the dieting, fashion and reality-TV industries to reveal the socioeconomic underpinnings of beauty norms while sparking stellar self-esteem and healthy body image.

WITH LOVE AND LAUGHTER ...

Brie inspires audiences to take a stand for authenticity by overcoming social pressures, honoring their bodies and embracing gratitude.

AUDIENCES:

- Parents
- Student Life
- Corporations
- Summer Programs
- Orientation Programs
- Assemblies and Lectures
- Colleges and Universities
- Athletic Teams and Clubs
- Housing and Residence Life
- Women and Diversity Affairs
- Health and Wellness Programs
- High Schools and Middle Schools

THE CONCERN

Anorexia is the biggest killer of teenage girls in America. Young girls are more afraid of becoming fat than they are of nuclear war, cancer or losing a parent. 80% of 11-year-old girls report dieting, the single leading cause of eating disorders, while 30% of adolescent males are dissatisfied with their bodies and 33% resort to unhealthy weight control methods. Half the world is obsessed with being overweight, the other half is starving. We believe the situation needs respectful recognition and the insanity needs to stop.

OUR VISION

Our team believes that the most important moment of your life is now. With mindfulness and conscious action we aspire to a place where body image meets embodiment, where presence and bodily awareness meet self-trust and intuitive eating, where we can come home to rest in our bodies and lead irrepressible, high-spirited lives. We bring you an empowering media literacy series designed to reignite an appetite for life. Through seminars, online programs, retreats and mentorship, we stand in celebration of our bodies in their true forms and inherent radiance, free of dieting or censorship. That's what we're *really* hungry for.

*What a wonderful woman and human being...
Brie makes a significant difference in the lives of
young people who hear her wisdom.*

– Georgia Morissette,
mother of celebrated vocalist Alanis

*Brie's radiance is inspiring and
uplifting. It has the power to transform
misery into
blossoming freedom.*

– Dr. Rolf Sattler, Professor Emeritus,
McGill University, Montreal

*I wish there were more people in
the world like you and the help you're
giving
is the best help girls like me can get.*

– Participant

Crucial for young women.
– Participant



*You changed my mind about
my body and my whole life!*
– Participant

