

Uplifting and empowering fitness workshops with a focus on how you feel, not how you look



Our body neutral workshops teach about body acceptance and confidence, and help women to step out into the world with more resilience.

Rise with Resilience is a unique fitness experience that focuses on how movement makes us feel. In doing this, we create space for joy, for fun, and for confidence to RISE!

In our programs we aim to improve participants physical health while adopting a body neutral approach, shifting our mindset from how we look to how moving makes us feel. We accomplish this by offering a safe space where women from all backgrounds can come together to move, learn, grow and, most importantly, have a good time!



The Issue with Body Positivity

Body positivity emphasizes that all bodies are beautiful by promoting self-love and self-acceptance. It also actively celebrates physical appearance.

However, when too much value is placed on your appearance, and you are constantly thinking about it, it teaches you that how you look, how you think you look, or how you feel about your appearance, is the most important thing in life.

Shifting to Body Neutrality

Instead, we teach about **body neutrality**: accepting and respecting your body as merely a vehicle for life, and knowing that your outer appearance is not the most important thing about you.

OUR VALUES

- We focus on shifting your mindset from how you look to respecting your body for what it does for you.
- We prioritize making fitness enjoyable and inclusive for all, but especially to those for whom fitness is not easily accessible.

The Problem

According to a global survey, only **11%** of Canadian women are satisfied with their looks.*

It is only when they reach around 60 years old that women finally truly accept their bodies. This is so unfortunate because we shouldn't only start to feel comfortable in our bodies after that much time has passed. That's 60 years of negative body image?! Unacceptable.



**These findings, put out by market research company GfK, are based on interviews that were conducted in 2014 across 22 countries with more than 27,000 people aged 15 and older.*

Our Solution

WORKSHOPS THAT UPLIFT WOMEN

Our workshops typically last between **1.5 to 2.5 hours** (exact duration is flexible) and are broken up into **4 parts**



PART 1

Introduction to body neutrality

The workshop facilitator will start off the workshop by sharing their own story of healing their own negative body image at various stages of their life. We'll discover the origins of body neutrality, and why body positivity doesn't solve the issue.



PART 2

Group discussion of body neutrality & how to practice it

We'll discuss what body neutrality is and its benefits. We'll outline several actionable steps for how to practice body neutrality in fitness, and in everyday life.

PART 3

Games & activities

Every participant will have the opportunity to participate in games/activities that challenge them to think in new ways while also empowering them.



PART 4

Fitness session

The fitness class at the end of the workshop brings everyone together and ends the day on a high note!



Our Growing Community

1870 FOLLOWERS
ON INSTAGRAM

767 FOLLOWERS
ON FACEBOOK

18,000 VIEWS
ON YOUTUBE

15 PRIVATE COACHING CLIENTS
PER WEEK



LET'S MAKE
A POSITIVE
IMPACT



About the founder

My name is Jenni and I spent 10 years touring Ontario, performing in large scale dance productions for up to 2000 school children at a time. In 2013 I moved to Montreal to further pursue my career in dance. It was here that I discovered Zumba and a newfound passion for bringing joy to people's lives through movement!

Since officially propelling myself into the fitness industry, I have constantly been passionate about teaching fitness that is fun and makes people feel good about themselves, regardless of where they're from or what they look like. I have since hosted numerous Zumba Fitness parties and fundraisers, trained clients at several of Montreal's most popular fitness clubs, and helped countless women to feel strong, resilient, and confident!

In 2020 I officially launched *Rise with Resilience* with the mission of helping women heal their negative body image through fitness. I am so excited that me and my team of fantastic workshop facilitators are able to bring the *Rise with Resilience* magic to organizations like yours!

These workshops aren't just about building resilience or "working out", but fostering community as well.

WHY I AM DOING THIS

I know firsthand how mentally draining it is to be constantly surrounded by messages to hate your body. As a long time fitness professional and former dancer - in an industry where bodies are constantly scrutinized, judged, and compared - I had always found it hard to find a community that was truly uplifting, empowering, and body neutral - so I created that community myself! Fitness has always been my own personal source of empowerment, so now I aim to heal others' negative body image through movement, because (and as I always tell my clients) fitness is fun, and fitness feels good!

Words From Past Participants

“I enjoy Rise with Resilience because of how my body feels. I feel strong and I feel good about myself. My biggest success with this program was accepting the way that I look on the outside.”

— GLORIA U.

“THANK YOU, THANK YOU for such a fun evening! The members who attended had lots of positive feedback and thought it was a fun and informative event. Several said, "I almost didn't come but, I'm so happy that I did because it was lots of fun!" One lady also made the comment that she is going to look for a dance/zumba class because she hates to exercise but really had fun so she thinks she would be motivated to go and dance for exercise.”

— KIMBERLY R.

“I love Jenni's beautiful spirit. She is a kind and inspiring instructor. Rise with Resilience drastically helped me to reduce my work stress level and put life into perspective.”

— LAURE H.

INTERESTED IN OUR WORKSHOPS?

Fill out the application form

<https://www.risewithresilience.ca/contact>

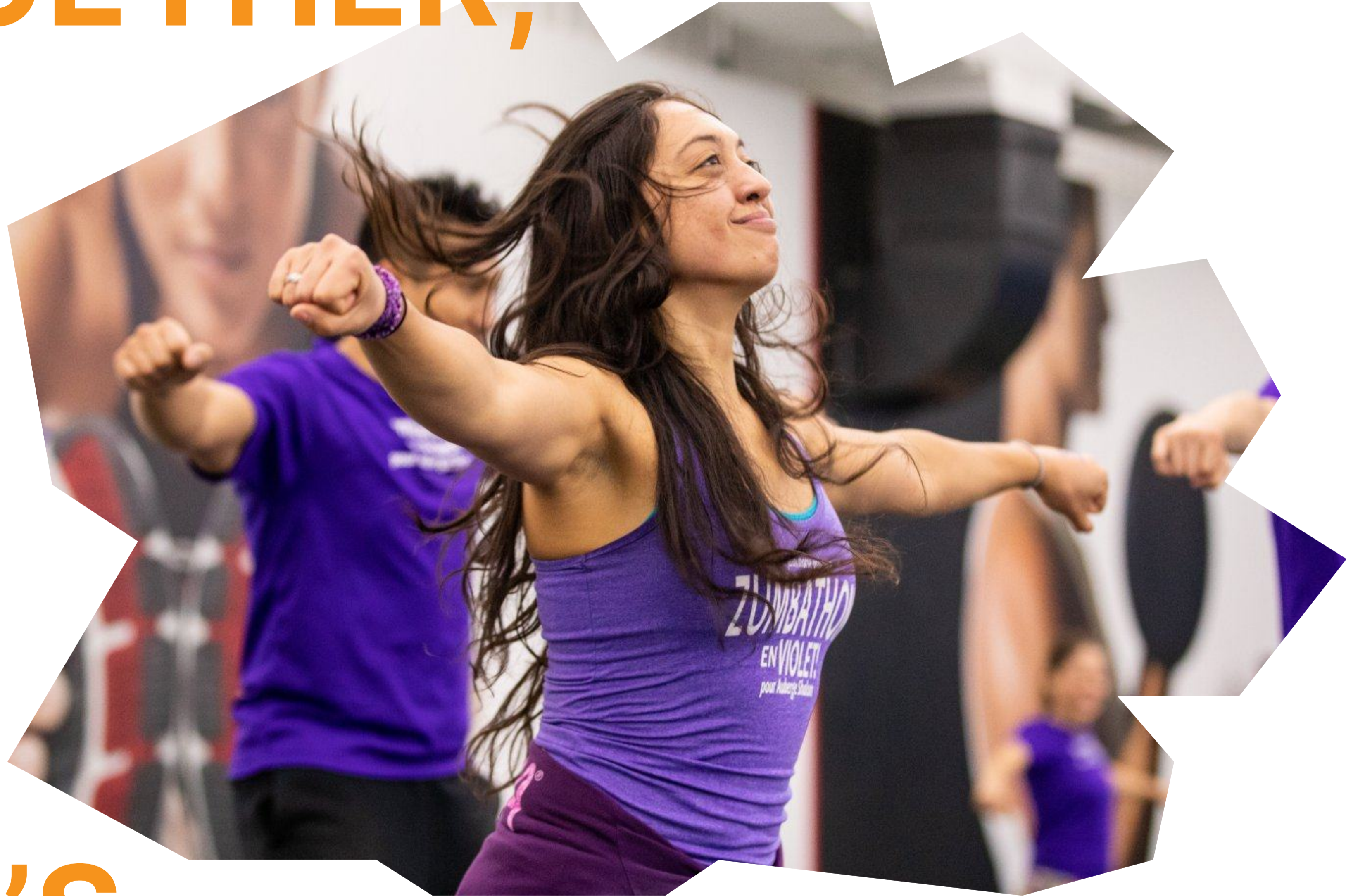


Have questions? Send Jenni an email

info@risewithresilience.ca



TOGETHER,



**LET'S
RISE WITH RESILIENCE**