

Help bring **The Anti Diet Riot Bus** to life

Wellbeing workshops & training

We're offering an exciting selection of rewards in return for you or your company pledging to support The Anti Diet Riot Bus [crowdfunding campaign](#). The campaign target is £15,700, which will be used to build the UK's first 'body positivity bus' that can host workshops, events and meet-ups for those struggling with poor body image and disordered eating across the UK.



Mental Resilience Training by Tough Cookie - £250

Join Michael Matania from Tough Cookie for a crash course in mental resilience.

You and your team will be guided through a series of novel experiments to provide insight into how your mind works (and why it can work against you!) Drawing on the latest scientific findings on the emerging research field of psychological resilience, Michael will reveal why our current methods for coping with change and adversity aren't sustainable. You'll get an intro to 'Mixed Mental Arts' - a toolbox of practical techniques to begin your own resilience journey worth over £400. [See previous clients here.](#)



Gratitude & Self Care Journaling by Anti Diet Riot Club - £200

90 minute workshop that deep dives into journaling practices to improve mental and emotional wellbeing. We show your team how to use gratitude as a tool for better mental health and body image with creative writing, collaging, and visualisations. The group explores the power of expressing gratitude towards our body and life, testing out different journaling styles and having fun in the process. Each participant leaves

with a beautiful, creative journal and action plan to continue building a deeper, more long term change in how you relate to your body.



Introduction to Anti Diet Riot Club - £180

In this 30 minute session we introduce the anti-diet movement and why rejecting diet culture has become a popular movement in recent years. We talk about the ways in which diet culture can affect mental and physical well-being and give tips to improve positive body image so that low body esteem doesn't get in the way of living a full life, with some time at the end for questions and discussion.



Portrait Photography by Gigi Francis - £175

60-minute photography session with London-based lifestyle and portrait photographer [Gigi Francis](#). Gigi's style is documentary in nature with an accent on the emotive and raw. Gigi is an expert at capturing fleeting moments forever, from personal branding, headshots and portraits to events, boudoir or family photography. This package is worth over £350 and includes fully edited, high resolution digital images in a private online gallery and 10 digital prints to download.



Life Drawing for Body Acceptance - £150

Did you know regular attendance to life drawing can markedly improve positive body image? We believe its important to see what real bodies look like and that doing so in a creative setting can help us escape the comparison trap that encourages us to think negatively about our bodies. This is a 90 min life drawing workshop for 20 people (we can facilitate for larger groups but would need to negotiate a higher price) where we encourage participants to engage with other bodies and their own in new ways. Materials included

Please get in touch with becky@antidietriotclub.co.uk to discuss how we can adapt these workshops/talks to best suit your company or group. In order to purchase these offerings, we will add them as 'rewards' on our crowdfunding page for you to redeem.

NB: these prices don't reflect usual prices but are special offer in conjunction with The Anti Diet Riot Bus crowdfunding campaign running currently.

<https://www.crowdfunder.co.uk/anti-diet-riot-bus>