

Find Your Voice!

How to *Challenge Resistance* and *Talk Persuasively* About Size Acceptance

a participatory workshop
by celebrated HAES author & researcher Dr. Linda Bacon

Monday, August 15th, 2011

9:00 am to 4:30 pm

conveniently following the August 12-14th

Association for Size Diversity and Health (ASDAH) conference
Redwood City, CA (near San Francisco airport)



If you've ever...

tried to talk about size acceptance and met resistance ...

wanted to challenge body-bashing, fat-phobic or just plain ignorant comments on weight but struggled getting your message across ...

wished you could project confidence and authority as an advocate for size acceptance ...

this workshop is for you!

In this full-day, participatory workshop with leading Health at Every Size scientist and spokesperson Linda Bacon, you will master techniques for reaching diverse audiences with the message of size acceptance. An accomplished speaker, author and advocate for size acceptance, Linda will help you:

- Speak with both authority and compassion as you make the case for a peaceful end to the Body Wars.
- Evaluate your audience and tailor persuasive messages that respond to their motivations and vulnerabilities.
- Confidently challenge deeply-held (and culturally reinforced) assumptions in non-threatening ways.
- Discern when to appeal emotionally, when to use intellectual arguments, and how to effectively do both.

Whether at a dinner table or in a TV interview, ***picture yourself speaking calmly, confidently and persuasively when fat-bashing or dieting talk ensues.*** No matter your experience, you will leave this empowering, one-of-a-kind event with enhanced reasoning and response skills valuable in any forum.

This unique workshop will include demonstrations, original conference materials and small-group exercises to support your learning. Groups will be tailored to your needs and interests based on a pre-workshop placement survey. Whether you're already an experienced leader in the size acceptance movement, someone looking to change the direction of water cooler conversations, or somewhere in between, you'll get the tools, support and inspiration to take your message further.

Early Registration through June 24th: \$99

Register by July 22nd: \$109; Register by Aug 11th: \$119; On-site registration \$129

Reserve Now. Limited spaces available; late reg may not be possible.

To register, go to <http://www.lindabacon.org/FindYourVoice.html>

All profits will support size acceptance advocacy. In addition, 5% of your registration fee will be donated to the size acceptance organization of your choice. The following organizations are currently accepting donations: Association for Size Diversity and Health, Beyond Hunger; Boulder Youth Body Alliance, National Association to Advance Fat Acceptance, The Body Positive, About-Face, and Andrea's Voice. If you would like to see an organization added to this list, please have them contact us.