

THE BRA TALK

Harnessing the Power of Undergarments for Success

The Bra Talk is an empowering workshop by TheBraGirl that explores the connection between proper breast support, body confidence, and everyday productivity.

Through open conversations, expert insights, and practical tips, women are equipped to make informed choices about their undergarments and embrace their bodies at every stage of life.

LEARNING SCOPE

- Breast support: Why it matters
- Recognizing poor fit and its impact
- The basics of finding great support
- Building an empowering wardrobe
- Demo sessions, activities and Q & A

FACILITATOR



Bukola Adedeji
Founder, TheBraGirl

Bukola is a body image consultant specializing in the undergarment space. With deep expertise in bra fitting and lingerie styling, she helps women leverage the power of properly fitted lingerie to live more confident, empowered lives.

Founder of TheBraGirl, she leads a brand that combines education, inclusivity, and style to transform how women experience their bodies.

