



Please join us in Bristol, United Kingdom, for Appearance Matters 10, the 10th international multi-disciplinary conference hosted by the Centre for Appearance Research.

April 2024 headlines

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Presenting at AM10? Don't forget to register by 1 May!

Please make sure you register by **1 May 2024** if you are presenting at the conference. This will help us finalise the programme!

Ignite: Advancing equality, diversity, and inclusion

Get ready to "ignite" your inspiration!

On the final day of the conference, we are thrilled to present a series of Ignite-style presentations guaranteed to captivate and energise. These fast-paced talks feature dynamic speakers sharing their insights, passions and expertise in rapid-fire five-minute presentations, each accompanied by 20 slides that auto-advance every 15 seconds.

This year's Ignite theme is: "**Mind the Gap: Advancing Equality, Diversity, and Inclusion**". This Ignite series will include presentations on a wide range of topics that challenge us to consider how we can all advance equality, diversity, and inclusion in research, practice, and advocacy. Protected characteristics such as race, disability, and sexuality will be up for discussion, in addition to appearance-related characteristics that are not explicitly protected under the law.

Everyone is invited to attend what promises to be an inspiring finale to the conference!

Artwork at AM10

In an Appearance Matters conference first, CAR has commissioned a thought-provoking oil painting to be revealed at AM10. This bespoke display will feature visible difference advocate [Amit Ghose](#) captured by Bristol artist [Gail Reid](#).

We will be documenting the creation of this artwork via our social media channels. Look out for further details on CAR's social media on how to attend a live stream of the initial artistic conversation.

Meet the AM10 sponsors

AM10 is proudly sponsored by [Dove](#).

At Dove, we have a vision of a world where beauty is a source of confidence, not anxiety. Our social mission is to ensure the next generation grows up enjoying a positive relationship with the way they look – helping young people to raise their body confidence and self-esteem and realise their full potential. In 2004, we turned this commitment into the Dove Self-Esteem Project (DSEP) and to date we've reached over 114 million young people in 153 countries all over the world with scientifically proven, evidence-based resources to increase body confidence and self-esteem in young people.

We're honoured to be part of and sponsor Appearance Matters 10. Please visit us on our exhibition stand, situated outside the Conference Hall where we'll be showcasing our latest

resources for young people throughout the duration of the conference. Our team are eager to learn from everyone's experience and connect with like-minded practitioners and academics.

Additionally, we are proud to sponsor the Drinks and Canapes Welcome Reception at the SS Great Britain. If you see us, please stop by and say hello!

This year is extra special for us as we celebrate **20 years of the Dove-Self Esteem Project**. We are so excited to celebrate this with you all at AM10!

Appearance Matters: The podcast



Our podcast explores the world of appearance; presenting new insights and advances in research, as well as perspectives from researchers, clinicians, charities and organisations, and individuals affected by appearance-related concerns.

Check out last [month's episode](#), where Nadia speaks with Dr Emily Matheson, Dr Kat Schneider, Dr Courtney Boucher and Dr Nicole LaVoi about Body Confident Sport – two new body image programmes designed to support girls' body confidence in sport settings.

[Listen now >](#)

Subscribe now on [Apple Podcasts](#), [SoundCloud](#), or [Spotify](#), and please leave a rating and review!

Help us spread the word!

We are excited to see you at Appearance Matters 10 and are keen to extend the invitation to new delegates. Please forward this email to colleagues who might be interested in learning about the latest progress in body image and appearance research in a stimulating and welcoming environment.

Keep in touch with CAR

If you want to keep in touch with the Centre for Appearance Research, you can follow us on our social media accounts, where we discuss all things related to body image and appearance – check out our [Instagram](#), [Facebook](#), [X \(Twitter\)](#) and [LinkedIn](#) pages.

For more information on the conference, please [visit the Appearance Matters Conference website](#).

We look forward to seeing you in June 2024 for Appearance Matters 10!

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We'd like to keep you updated about the Appearance Matters Conference, but you can [unsubscribe](#) at any time.

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