

# GIRLS LEADERSHIP

All kinds of powerful.

[www.girlsleadership.org](http://www.girlsleadership.org)

Girls Leadership is a registered 501c3

Do you remember when Simone Marean, Co-Founder and Executive Director of Girls Leadership came to give her nationally acclaimed talk, RAISING RESILIENT GIRLS, last spring? The presentation was very well received, and it is time for more! We are excited to bring one of Girls Leadership's powerful and fun four-week girl and grown-up middle school workshop series (for 6th, 7th, 8th grade girls, each with one fully participating adult) to Frelinghuysen!

## **Be Who You Are. Say What You Mean.**

(Four 120 minute sessions)

Wednesdays: April 24, May 01, 8 & 15 from 7-9pm

As girls become young adults, the ability to be resilient in the face of challenges, to own mistakes, and to set a strong internal compass for healthy friendships and relationships is critical. In this workshop, girl- grownup pairs will practice skills to build and strengthen their authentic voice. Girls and adults will have the opportunity to bond and have fun in a safe environment, and develop a common language to face challenges together.

### **Program Summary:**

Session One: Dealing with Difficult Friends

Session Two: Emotional Intelligence

Session Three: Making Mistakes & Not So Funny Jokes

Session Four: Four Steps for Healthy Conflict

Cost: \$305.00/pair

[CLICK HERE](#) to take a brief survey letting us know if you are available and/or want to be notified about future programs. When we have twelve interested pairs, we will open the program for registration and you will be notified.