

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

2/3 GIRL & GROWN-UP WORKSHOP:

NINE TOOLS FOR TRUE FRIENDSHIP

Oak Knoll | January 2020



ROLE PLAYING WAS EXTREMELY EFFECTIVE, GIVING GIRLS A CHANCE TO TRY ON NEW TOOLS.
– JENNY

Participate in a fun, engaging workshop, where you and your girl will build a common language, practice healthy approaches to conflict, and learn authentic communications skills.

For over ten years, the national non-profit organization, Girls Leadership, has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons, Girls Leadership believes that leadership is a way of life, which begins in girlhood. We define leadership as a girl's ability to know how she feels, say what she needs, and respond courageously to her mistakes. Girls graduate from our programs more emotionally intelligent, resilient, and confident.

Girls Leadership's Girl & Grown-up Workshop *Nine Tools For True Friendships* provides an opportunity for girls and their significant role models to explore and share feelings, communicate authentically, and make healthy relationship choices. Each workshop is 90 minutes.

PROGRAM CURRICULUM

Week 1 – **Standing Up for Yourself**

Week 2 – **Sharing Feelings**

Week 3 – **Double Sorry**

Week 4 – **Choices for Friend Trouble**

WHO Girls in grades second and third grade with one adult

WHEN Mondays, January 13, 27, February 3, and 10 | 5:30pm – 7:00pm

WHERE Oak Knoll Elementary School – 1895 Oak Knoll Lane, Menlo Park

COST \$230 per girl/grown-up pair
Scholarships are available. Visit www.girlsleadership.org/scholarships for details.

REGISTER girlsleadership.org/oakknoll23parti

PW: oakknoll23

QUESTIONS? Contact Maria Temporal, CA Outreach Manager at maria@girlsleadership.org
