

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

4/5 GIRL & GROWN-UP WORKSHOP:

4 STEPS TO GETTING WHAT YOU NEED

Oak Knoll | January 2020



MY DAUGHTER WORKED OUT A CONFLICT WITH A GOOD FRIEND OF HERS BY USING THE SKILLS SHE LEARNED. – NORMA

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 *4 Steps to Getting What You Need* provides an opportunity for girls and their significant role models to practice using the skills of assertive self-expression through activities, discussion, and paired scenarios. Each workshop is 90 minutes.

PROGRAM CURRICULUM

Week 1 – **Assertive Self Expression**

Week 2 – **Emotional Intelligence at Home**

Week 3 – **Owning Our Mistakes**

Week 4 – **Road Map for Conflict**

WHO Girls in grades four and five with one adult

WHEN Wednesdays, January 15, 22, 19, and February 5 | 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/oakknoll45parti
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QUESTIONS? Contact Maria Temporal at maria@girlsleadership.org
