

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

K/1 GIRL & GROWN-UP WORKSHOP: TOOLS FOR SUNNY & CLOUDY DAYS Oak Knoll | January 2020



THE WORKSHOP HELPED SUSAN UNDERSTAND HER FEELINGS ARE JUST AS IMPORTANT AS HER FRIENDS' FEELINGS. – FRANCINE

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 *Sunny & Cloudy Days With Friends* provides an opportunity for girls and their significant role models to build a foundation of common language around advocating for themselves and understanding true friendship behaviors. Each workshop is 60 minutes.

PROGRAM CURRICULUM

Week 1 – Friendship Toolbox

Week 2 – Sharing Feelings & Body Language

Week 3 – Mistakes, We All Make'EM

Week 4 – Courageous Relationships

WHO Girls in kinder and first grade with one adult

WHEN Mondays, January 13, 27, February 3, and 10 | 4:00pm- 5:00pm

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

COST \$200 per girl /grown-up pair
Scholarships are available. Visit girlsleadership.org/scholarships for details.

REGISTER girlsleadership.org/oakknollk1
PW: oakknollk1

QUESTIONS? Contact Maria Temporal at maria@girlsleadership.org
