

Go G.I.R.L Growing Into Real Leaders



PRESENTATION WORKSHOP

Helping young girls celebrate their individuality

This 1-hour workshop is designed to bring awareness to young girls about the unrealistic – and sometimes unhealthy – pressures in our society pertaining to body image and self-esteem. The workshop guides the girls to identify what is realistic for them, and provides them with the tools to deal with associated stressors.

By using age-appropriate techniques that encourage open discussion, participants will learn to question the media's interpretation of women. We will discuss ways to incorporate activity and proper nutrition into everyday living and help develop feelings of strength and confidence.

BRING US TO YOUR SCHOOL OR CLUB

We offer this workshop as a **complimentary service** to schools and clubs. We believe in the power behind this message and we're excited to share it with the girls in our community. Contact us and together we can organize a good time to get started!

This **FREE** workshop is offered to girls in grades 4, 5, & 6.

The workshop explores the following topics:

- Self-Esteem
- Exploring the Media
- Healthy Living
- Role Models and Leaders

Contact Us:



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