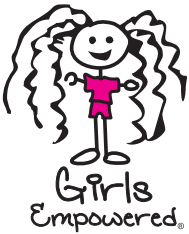


Girls Empowered • Kids Empowered • Boys Empowered

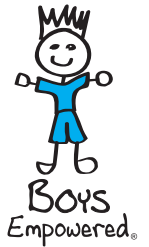


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Assemblies • Scout Workshops • Parenting Workshops • Professional Development

2009-2010 PROGRAMS FOR SCOUTS

All Workshops and Classes Are One Hour Long Unless Otherwise Noted

By Girls Empowered

FRIENDSHIP, DEALING WITH MEAN GIRL BEHAVIOR & BULLYING

FRIEND OR FOE (6+) This workshop is all about the "Do's" and "Don'ts" of friendship. The girls will make a Friend or Foe Kit to represent the "dos and don'ts" and learn how true friends treat each other.

STOP, THINK, GO! (5-7 yrs) This workshop uses games and simple crafts to teach our littlest ones the "Do's and "Don'ts" of how to treat other kids- their friends, classmates, and siblings. This is a great way to teach decision-making skills. Parents will love using this tool.

PICK a STICK (8+) Coping with Bullies & Peer interactions: This interactive discussion teaches girls the different responses they can choose in a conflict situation and social situations. Girls learn about five roles children often play in social circles: the Mean Girl, the Bystander, the Doormat, the Instigator & the Empowered Girl. They learn what it looks like to be mean, to be a bystander, to be walked all over and to stand up for yourself.

PICK a STICK with ANIMALS (6+) Using animals and a simple craft the girls will learn what it looks like to be mean, to be walked all over, to be a bystander, to be assertive and to stand up for yourself.

THE POWER OF WORDS (age 8+): This interactive discussion along with a craft teaches girls the power of words. The girls will explore both the positive and the negative impact of their words on others and their own self-esteem. How words can be used to build people up or tear them down (including themselves!) Teasing, gossip, and self-talk will be covered.

IN BOUNDS/OUT OF BOUNDS (Middle school +) This workshop uses a sports theme to teach girls the "Do's and "Don'ts" of how to treat other kids- their friends, classmates, and siblings and help them make decisions about how they will and will not let other kids treat them. Teasing, taunting, put-downs, and harassment are covered.

FRIENDSHIP WORKSHOP- (ages 6-9) Girls learn about how to make friends, deal with your enemies, and being a friend. Includes a craft and story.

Navigate the Tween Girl World: (ages 10+) Girls worry about being popular, cool and fitting in. Girls are being mean through the use of cell phones and the internet. Girls will learn about the importance of being themselves, making decisions that are right for them and how to use technology in a healthy way.

WORKSHOP CATEGORIES

- Friendship, Dealing with Mean Girl Behavior & Bullying
- Social Skills, Communication and Assertiveness Training Workshops
- Self Esteem and Confidence Workshops

To register visit: www.GirlsEmpowered.com

SOCIAL SKILLS, COMMUNICATION AND ASSERTIVENESS TRAINING

CIVILIZED ASSERTIVENESS (age 6+) Girls learn how they can stand up for themselves and what they believe in while still being polite and gracious. Civilized assertiveness respects the rights of others as well as our own rights. We discuss styles of communication and body language. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Girls paint a smiley face while learning that you can still be nice and assertive. (Girls 6+)
2. Role Plays: Girls see and feel (practice) what the different styles of communication look like. (Girls 8+)
3. ASSERT (ages 7+) Girls will learn how to be assertiveness through body language, voice, and communication and do a poster activity to take home to remind them how to be assertive.

I HAVE A VOICE: (6-8 yrs) Girls will learn how to be assertive through their body language, voice, and words. They will learn how to use their voice to express their opinions, ideas, thoughts and that they do matter! Fun craft and story included!

SELF ESTEEM and CONFIDENCE

Girl Power (all ages) Girls learn about being an empowered girl and what it means to have GIRL POWER! They will tie dye their own Girls Empowered logo t-shirt. (No discounts available for this workshop) 100% cotton t-shirt included

THE BUBBLE! (all ages) Being yourself is one of the biggest challenges each of us face in life. Girls learn about their own personal power and how they own the beliefs they hold about them-selves. They learn how they give their power away when they let others make them feel bad about themselves, are mean to others because someone was mean to them, make decisions that are not right for them, let others walk all over them, and give into peer pressure.

ABCs of GIRL POWER (all ages) Girls learn what about girl power, why you want it and how to get it! Girls make a beautiful picture frame. They need to bring 15-20 small items that represents who they are.

GO GREEN! (ages 7+) Girls will make a fun craft while learning how to be environmentally aware and what steps they can take to make an impact.

CONFLICT RESOLUTION SKILLS (age 8+) Conflict is a normal element of all relationships. It is how we deal with it that can help or prevent us from being successful. Girls learn 7 positive techniques for handling problems so they can neither avoid nor escalate a situation with conflict. This workshop includes a group discussion and 1 activity from below:

Activity choices:

1. Craft: Girls make a Problem solving or Conflict resolution kit. (7+)
2. Role Plays: Girls see and feel (practice) how to handle conflict. (8+)

SOCIAL SKILLS KIT (age 8+) Good social skills are essential for successful relationships. Girls learn what social skills are and then do fun activities that focus on a few essential skills- listening, meeting new people, and having a conversation. They will make a social skills kit to remind them of the tools they learned.

FLOWER POWER (ages 7-10 yrs) Girls learn about all the things they need to grow into a healthy happy girl. Discussion centers around self-esteem, nutrition, physical activity, hobbies, friends and family. Poster activity

CREATE A DREAM PILLOW: (ages 8+) Girls learn why self-esteem and confidence are necessary to go after the dreams you have for your life. Girls make a heart stuffed pillow. Time: 1 ½ hrs

Self-Esteem/Body Image Discussion (age 10+) Girls learn what self-esteem is, how you get it and why you want it. Over 25 different ways of building confidence are discussed.

Mother/Daughter self-esteem/body image workshop (age 9 +) 1 ½ hours for \$25 per pair

Yoga/Self-esteem workshop (age 8+ Yoga class & craft) Girls sew a fun eye pillow to use in yoga sessions. Discussion is about how to become the person you want. Girls are led through visualization during yoga to help them see how they can create positive, confident feelings in their life Time: 1 ½ hours for \$15 per girl Parent/daughter workshop \$25 per pair

To register visit: www.GirlsEmpowered.com

SELF ESTEEM and CONFIDENCE ... continued

GET READY for MIDDLE SCHOOL (for 5th grade troops) The transition to middle school is an exciting (and sometimes) scary change, especially for girls who are already beginning the journey into puberty. We talk through their fears, help them see the positive growth opportunities, and give them tips and techniques to ensure their middle school years get off to a successful start.

Self-Defense: (all ages) 1 hour of physical self-defense moves. \$15 Plus $\frac{1}{2}$ hour discussion that is tailored towards the age and requested topics focusing on boundaries, dating violence and prevention. \$20 Parent/Child together \$30 *No discounts available for self-defense programs. **WORKSHOPS FOR PARENTS** - schedule a workshop at the same time as your Scout meeting!

Navigate the Girl World: Learn shocking ways that girls can be mean to each other: teasing, bullying, manipulating and intimidating. Parents learn about four roles children often play in social circles: the Mean Girl/Bully, the Bystander, the Doormat, and the Empowered girl. Parents learn how to help their daughter identify the behavior and learn strategies to respond to these situations that happen on the playground, in the lunch room, in the hallways-everywhere! Help girls deal with cliques and gossip as they learn healthy ways to interact, communicate and maintain friendships.

Building Self-Confidence: Parents will learn how they can help build their daughter's self-esteem and confidence. Learn over 25 ways to work on self-esteem, social skills, and self-efficacy. Creating an environment to foster your daughter's self-esteem is one of the best gifts a parent can give their daughter.

Powerful

Confidence

Resilient

Believe in Yourself

Happy

Healthy

Empowerment

PRICING INFORMATION

MINIMUM NUMBER OF GIRLS: 10

● Educational workshops

\$15 per girl for the first fifteen girls, \$10 per additional girl after 15 girls

Over 50 girls: includes patch & additional $\frac{1}{2}$ hour
Deposit is \$150.

● Fitness classes

\$10 per girl for the first fifteen girls, \$5 per additional girl

Deposit is \$100.

● Parent Workshops

\$15 per parent

Can be scheduled at the same time of workshop for troops or separately.

1 $\frac{1}{2}$ hours (if scheduled at the same time as troop workshop, the troop workshop includes an additional $\frac{1}{2}$ hour).

● Patches

Available for \$2.00 Check out new patches at www.girlsempowered.com

● Location

Your location or at the Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034

● Availability

Anytime; based on instructor availability

- To schedule a workshop: fill out workshop request form at www.girlsempowered.com
- Once workshop is reserved, a contract by email will be sent to confirm all information.
- A deposit is required to reserve workshops.
- For answers to commonly asked questions see list at www.girlsempowered.com

To register visit: www.GirlsEmpowered.com