



Girls Empowered & Boys Empowered & Kids Empowered
248-757-0912

www.girlsempowered.com & www.boysempowered.com

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2011 Scout Workshops

FRIENDSHIP, DEALING WITH MEAN KID BEHAVIOR & BULLYING

STOP THE MEANNESS, SPREAD THE KINDNESS (6+) This workshop teaches the girls the different roles kids play in social situations and how to stand up to meanness. Girls make a Stop the Meanness, Spread the Kindness Poster which is a visual to show girls the different roles kids play including Queen Bee, Meanie Kid, Bystander, Doormat and the Empowered Girl. This activity will show girls how when the bystander speaks up the meanness goes down. Mother/daughter workshop available.

UNFRIENDLY FRIENDS (7+) Helping our girls understand & learn strategies for dealing with situations when friends don't always act like friends. We will explore "hot and cold" friend behavior, relational aggression, hurtful actions from friends, as well as friends who suddenly don't want to "be friends" anymore. This workshop will help girls understand how to navigate the tricky world of friendship, in particular the confusion girls face when experiencing inconsistent treatment from friends. Mother/daughter workshop available.

BULLY PROOF ME (7+) Learning how to avoid getting into a bullying situation is critical. Girls make a poster activity to show them strategies and ways they can bully proof themselves. This activity covers how to be assertive, confident, empowered, and not to be a target. Mother/daughter workshop are available.

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+) (6-7 yrs with animals) Coping with Bullies & Sticky Peer interactions: This interactive discussion teaches girls the different responses they can choose in a conflict situation and sticky social situations. Girls learn about four roles children often play in social circles: the Meanie Kid, the Bystander, the Doormat, & 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. Girls do role plays. Mother/daughter workshop available.

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.

www.girlsempowered.com

248-840-9858

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One-on-One Coaching Assemblies Scout workshops Parenting workshops Professional Development

FRIENDSHIP Rules with rules!- (ages 6-9): Today kids treat friendship with a hot and cold attitude. "I'll be your friend if...." is a common threat made to manipulate friends into doing things you want them to do. This workshop will teach girls how to come up with "fair" rules between friends that foster healthy friendship characteristics: trust worthy, dependable, loyal, kind, and fair. Girls have fun making a "Friendship Rules" craft.

Dealing with the Queens- From the Drama Queen to the Queen Bee: (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.

SELF ESTEEM and CONFIDENCE WORKSHOPS:



AFFIRM ME (ages 7+) Having positive self-talk and thoughts are critical to having a healthy self-esteem. Girls will learn the power of affirmations and make an affirmation box.

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 themselves. 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. Painted craft activity !

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

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

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.

SOCIAL SKILLS, COMMUNICATION AND ASSERTIVENESS TRAINING WORKSHOPS

Assertiveness Boot Camp (age 6+) Being assertive is a skill and one that is needed to stand up to meanness, handle conflict and problems, ask for help, and to go after your dreams. It is one of the most important skills that girls need to navigate their social world. Girls will learn how to be assertive with body language, words, voice, and decision making skills. Poster activity included.

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 making a conflict resolution kit.

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.

Pricing Information

Minimum number of girls: 10

Price: \$15 per girl for the first fifteen girls, \$10 per girl for each additional girl over 15 girls

Over 50 girls includes patch & additional $\frac{1}{2}$ hour

Deposit is \$150.

Patches: \$2.00 per patch

Availability: Anytime; based on instructor availability

Location: your school or smaller groups up to 15 girls at Kids Empowered Coaching and Counseling Center, Ste 102, 640 N Old Woodward, Birmingham, MI 48009

Mother/Daughter Workshops: \$25 per pair, 1 $\frac{1}{2}$ hours, Min of 10 pairs

Parent Workshops: \$15 per parent, Min of 10 parents

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). See below for workshop options, we can also customize a workshop for your group!

- ✓ To schedule a workshop go to www.girlsempowered.com, click on Scout programs, fill out workshop request form
- ✓ 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

Organize a Neighborhood or School Troop Event

Includes a 3 hour program, 2 workshops, and a Patch

\$15 per girl

Minimum of 100 girls

You pick the two workshops!!!

Sample of a Neighborhood event

Daisies: Hip Hop & Stop, Think, & Go!

Brownie I: Yoga & Unfriendly Friends

Brownie II: Hip Hop & Assertiveness Boot Camp

Junior: Yoga & The Power of Words

Jr Cadette & Sr Girl Scouts Yoga & Pick Your Stick

Parent Workshops: \$15 per parent, Min of 10 parents

Can be scheduled at the same time of workshop for troops or separately. 1 ½ hours (if scheduled at the same time as troop workshop, the troop workshop includes an additional ½ hour).

The Building Blocks of Social & Emotional Intelligence Learn over 30 ways to create an environment for your child that builds confidence, self-worth and personal power. Learn ways to be your child's guide through sticky situations while helping them build healthy friendships and relationships with other kids, take opportunities, and build a positive internal belief system. Parenting styles and specific things to do with children to empower them will be included.

Stop the Meanness! Spread the Kindness! Help your child learn how to handle relational aggression, conflict and bullying. We will cover social roles, teasing, mean kid behavior, gossip, exclusion and strategies to handle these issues.

Assertiveness Boot Camp Being assertive is a life skill every kid needs to have to: deal with bullies, negotiate, handle conflict, set boundaries, be taken seriously and get their needs met. Parents will learn about the different communication styles and how to help their children be assertive in their words, voice and body language through role-playing and interactions.

Sibling Teasing, Conflict & Sibling Bullying Teasing and bullying can cause more harm than the teasing kid or bully at school. Don't know what to do about sibling conflict? Learn strategies for setting boundaries for your kids to minimize sibling rivalry, conflict & meanness. Learn how to support each child to help them become happy, confident and empowered children!