



**GIRLS**  
empowered

[www.girlsempowered.com](http://www.girlsempowered.com)

## How to have a great Girls Empowered workshop!

- I. Answers to commonly asked questions and suggestions to have a great workshop.
- II. Suggested workshops based on age
- III. Workshops that meet badge requirements

### **I. Answers to commonly asked questions and things needed to have a great workshop.**

#### **Can you come to our location?**

Workshops can be done at your school or the Girls Empowered location

Address: 31555 Southfield Rd., Beverly Hills, MI 48025

(on Southfield Rd, between 13 and 14 mile) 248-642-8500 Ext 211

#### **Do you have a minimum/maximum number of participants required?**

The minimum number of participants is 10 girls. Troops with fewer girls can join together with another troop or have siblings join the workshop. You can also just pay the difference of the missing participants! We have no maximum numbers. We run workshops up to 250 girls.

Girls Empowered can do workshops for

- Individual troops
- Entire Neighborhood Service Unit (running multiple workshops for up to 250 girls)
- Leader/Daughter events
- Parent/Daughter events
- School troop events
- run a Parenting workshop for the parents of the troop while the girls are in their workshop

#### **How much time do we need to schedule a workshop?**

Workshops can be scheduled as far in advance as you like or on short notice!

If we have an instructor available we will do it!

- **Please schedule workshops to start after SNACK and any Girl Scout business you need to do!**
- Room requirements: we prefer an empty room in which we can sit on the floor in a circle
- Please have the girls wear Smocks or old t-shirts for painting activities that include Healthy and Loving Heart, Positive Attitude, Fortune Cookies, Flower Power, & Civilized Assertiveness.

- Parents can observe but please remember if you are doing a workshop for girls over 10 yrs old and its about issues such as friendship, cliques, etc... they may not feel comfortable discussing this in front of other parents
- Please ask the parents to have conversations in another room so that it is easier for the girls to stay focused on the workshop.

## **II. Suggested workshops based on age**

**Daisies:** Healthy and Loving Hearts

**Brownies:**

- Healthy and Loving Hearts
- Flower Power
- Positive Attitude
- The Body Project
- Civilized Assertiveness
- Yoga Eye Pillow Craft
- Self-defense
- Power of words
- Etiquette
- Nutrition
- Pick your stick
- Fitness classes (hip hop, yoga, cardioboxing)

**Jr. Girl Scouts**

- Dream Pillow
- Flower Power
- Civilized Assertiveness
- Friendship & Cliques
- Pick your stick
- Healthy and Loving Hearts
- Positive Attitude
- Yoga Eye Pillow Craft
- Self-defense
- Etiquette
- Nutrition
- Social Skills
- Make New Friends
- Fitness classes (hip hop, yoga, cardioboxing)



**We can run discussion groups based on the following patches:**

The Choice is Yours- topic –Decision making

Communication- topic- Communication style

Highway to Healthy and Stress Less – topic- Managing Stress

○ **Food Power**

Workshops:

Nutrition workshops

1. Keeping it balanced
2. Understand food labels

○ **Fun & Fit**

Workshop: yoga, hip hop, cardio boxing, aerobics,

○ **A Healthier You**

1. Healthy Bones

Workshop: Calcium power

2. Strong bones

Workshop: Exercise class with weights

○ **Highway to Health & Stress Less (Stress relief)**

Workshop: Yoga (optional: make an eye pillow)

○ **Dance**

Workshop: Hip Hop

○ **Sew Simple**

Workshop: Dream Pillow, Yoga eye pillow

Girls Empowered

The Beverly Hills Club

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