



2008 PROGRAMS FOR SCOUTS BY GIRLS EMPOWERED

www.girlsempowered.com

248-593-9911



Schedule a workshop and each participant receives a troop pass to a Girls Nite Out on May 1st, 2009 (6:00-9:00pm) or a Mother/Daughter workshop on May 12, 2009. (6:00-7:30 for girls 6-9 yrs and 7:30-09:00 for girls 9-11 yrs) \$25 per girl or mother/daughter value. Programs are at the Franklin Athletic Club.

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: Franklin Athletic Club, 29350 Northwestern Highway, Southfield, MI 48034

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 it is 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.
- For yoga workshops please have girls wear comfortable clothing and bring their own yoga mats or towels.

Are there group discounts?

For the first fifteen girls the educational workshops are \$15 per girl. Each additional girl over 15 girls is \$10 per girl.

Do you have workshops for Boys? YES!!!



II. Suggested workshops based on age

Daisies:

- * The Bubble
- * ABCs of Girl Power
- * Stop, Think, and Go
- * Healthy and Loving Hearts

Brownies:

- FRIEND OR FOE
- STOP, THINK, GO!
- PICK a STICK (8+)
- PICK a STICK with ANIMALS (6+)
- THE POWER OF WORDS (age 8+):
- IN BOUNDS/OUT OF BOUNDS (ages 8+)
- FRIENDSHIP WORKSHOP
- CIVILIZED ASSERTIVENESS (age 6+)
- HAVE A VOICE: (6+)
- CONFLICT RESOLUTION SKILLS (age 8+)
- SOCIAL SKILLS KIT (age 8+)
- THE BUBBLE! (all ages)
- ABCs of GIRL POWER
- GO GREEN! (ages 7+)

THE HEALTHY AND LOVING HEART PROJECT (all ages)

FLOWER POWER (ages 6-10 yrs)

CREATE A DREAM PILLOW: (ages 8+)

FORTUNE COOKIES: (ages 6+)

Yoga/Self-esteem workshop (age 8+ Yoga class & craft)

Yoga/Stress Less workshop (age 6+ Yoga class & craft)

Self-Defense: (all ages)

Jr. Girl Scouts

All the above plus:

IN BOUNDS/OUT OF BOUNDS (Middle school +)

Navigate the Tween Girl World: (ages 10+)

Self-Esteem/Body Image Discussion (age 10+)

GET READY for MIDDLE SCHOOL (for 5th grade troops)

III. Workshops that meet badge requirements

Brownies

o Dancercise Workshop: Hip Hop

o Healthy Habits Workshop: Healthy and Loving Heart Project

o Safety Sense Workshop: Self-defense

o Caring and Sharing (working it out..) Workshop: The Power of Words, Healthy and Loving Heart, Conflict Resolution, Pick Your Sticks, Pick Your Sticks with Animals

o Friends are Fun Workshop: Make new friends

o People are talking Workshop: Civilized assertiveness, The Power of Words, In Bounds/Out of Bounds

o Stitch it Together Workshop: Yoga eye pillow (Dream pillow- if there are several parents to help with sewing!)

o Working it out Workshop: Civilized assertiveness, Pick your stick, Social Skills (emphasizes on negotiate, conflict, problem solving)

o Citizen Near and Far Workshop- Social Skills

We can run discussion groups on the following Try Its:

Work it Out- discussion on Conflict resolution

Citizen Near and Far -(Getting Along)

Junior Girl Scouts

o **Becoming a Teen/Get the facts**

Getting Ready for Middle School

o **Being My Best**

1. Set a Goal

Workshop: Dream Pillow

2. Think Positively

Workshop: Positive Attitude

3. Feeling Fit

Workshop: yoga, cardio boxing, hip hop, etc..

o **Looking Your Best**

Workshop: yoga, cardio boxing, hip hop, etc..

o **Communication**

1. Get the Message?

Workshop: The Power of Words, Civilized Assertiveness

o **Healthy Relationships**

Workshops: Making New Friends, Social Skills, Navigate the Girl World, Pick a Stick

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

o **Fun & Fit**

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

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

Workshop: Yoga (optional: make an eye pillow)

o **Dance**

Workshop: Hip Hop

o **Sew Simple**

Workshop: Dream Pillow, Yoga eye pillow