

# GIRLS LEADERSHIP

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## 4/5 GIRL & GROWN-UP WORKSHOP:

### 4 STEPS TO GETTING WHAT YOU NEED

Saratoga Elementary | January 2018



**MY DAUGHTER WORKED OUT A CONFLICT WITH A GOOD FRIEND OF HERS BY USING THE SKILLS SHE LEARNED. – NORMA**

**Participate in a fun, engaging workshop, where you and your girl will build a common language, practice healthy approaches to conflict, and learn authentic communications skills.**

For over ten years, the national non-profit organization, Girls Leadership, has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons, Girls Leadership believes that leadership is a way of life, which begins in girlhood. We define leadership as a girl's ability to know how she feels, say what she needs, and respond courageously to her mistakes. Girls graduate from our programs more emotionally intelligent, resilient, and confident.

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Girls Leadership's Girl & Grown-up Workshop *4 Steps to Getting What You Need* provides an opportunity for girls and their significant role models to practice using the skills of assertive self-expression through activities, discussion, and paired scenarios. Each workshop is 90 minutes.

#### **PROGRAM CURRICULUM**

Week 1 – **Assertive Self Expression**

Week 2 – **Emotional Intelligence at Home**

Week 3 – **Owning Our Mistakes**

Week 4 – **Road Map for Conflict**

**WHO** Girls in grades four and five with one adult

**WHEN** Wednesdays, January 9, 16, 23, 30 | 6:00pm- 7:30pm

**WHERE** Saratoga Elementary –14592 Oak Street, Saratoga CA

**COST** \$225 per girl/grown-up pair  
Financial assistance is available. Visit [www.girlsleadership.org/scholarships](http://www.girlsleadership.org/scholarships) for details.

**REGISTER** <https://girlsleadership.org/programs/saratoga45parti/> Password: saratoga45

**QUESTIONS?** Contact Iris Perkins at [iris@girlsleadership.org](mailto:iris@girlsleadership.org) or 866-744-9102 ext. 720

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