

FOR IMMEDIATE RELEASE

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***Editorial Note:*** Photo of Girls Leadership Co-Founder and Chief Executive Officer Simone Marean is attached.

## 'Raising Resilient Girls' to be Presented at Far Hills Country Day School

*Acclaimed presentation and Q&A for adults, parents, coaches, educators, and school administrators will take place October 24*

(Far Hills, NJ: September 27, 2019) Girls Leadership Co-Founder and Chief Executive Officer Simone Marean will present "Raising Resilient Girls" at Far Hills Country Day School, located at 697 US-202 in Far Hills, on Thursday, October 24, 2019, 7-8:30 p.m. The program is free and open to the public. To register, visit [fhcds.org](http://fhcds.org).

During this acclaimed 1-hour talk, followed by a 30-minute question and answer session, attendees will learn how to help girls practice assertive self-expression, emotional intelligence, and healthy relationships, preparing them for a life of personal and social leadership.

This program is appropriate for any adult eager to learn about the pressures that are unique to being a girl today and how to help girls navigate these challenges with confidence.

Marean's presentation covers the development of girl dynamics from preschool through high school and will address:

- talking about your own not-so-happy feelings;
- sharing your mistakes;
- helping your daughter to solve her own problems; and
- the Good Girl Phenomenon and conflict as an opportunity for positive change.

For additional information, visit [fhcds.org](http://fhcds.org) or call 908-766-0622.

### **About Girls Leadership**

Since 1999, 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.

### **About Simone Marean**

Simone Marean has taught Girls Leadership programs and presented on girls across the country and internationally, including the Oprah Winfrey Leadership Academy for Girls and the American School in Dubai. Marean has a Masters degree in Educational Theatre from NYU and taught at many New York City schools including The Young Women's Leadership School, and The Brearley School. She has appeared on the Today Show and KQED's Forum. Marean grew up on the north shore of Boston and graduated from Bryn Mawr College Magna Cum Laude. She now lives in Berkeley, CA.

### **About Far Hills Country Day School**

Far Hills Country Day School is a Preschool through Grade 8 private school that is guided by a dual mission to provide each child brilliant beginnings for success in the modern world through academic excellence and character development. Balanced with excellent academic standards that challenge and inspire students at every grade level, respect, responsibility, leadership, kindness, and honesty are nurtured and developed. For more information about Far Hills Country Day School, visit [fhcds.org](http://fhcds.org) or call 908-766-0622.

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