

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

K/1 GIRL & GROWN-UP SERIES:

TOOLS FOR SUNNY & CLOUDY DAYS

Old Greenwich-Riverside Community Center

February 2020



THE WORKSHOP HELPED SUSAN UNDERSTAND HER FEELINGS ARE JUST AS IMPORTANT AS HER FRIENDS' FEELINGS. – FRANCINE

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.

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.

Girls Leadership's Girl & Grown-up Workshop *Tools for Sunny & Cloudy Days With Friends* provides an opportunity for girls and their significant role models to build a foundation of common language around advocating for themselves and understanding true friendship behaviors. Each workshop is 60 minutes.

PROGRAM CURRICULUM

Week 1 – Friendship Toolbox

Week 2 – Sharing Feelings & Body Language

Week 3 – Mistakes, We All Make 'Em

Week 4 – Courageous Relationships

WHO Girls in grades kinder and first grade with one adult

WHEN Saturdays: February 1, 8, 22, and 29, 9:30am- 10:30am

WHERE OGRCC – 90 Harding Rd #2, Old Greenwich, CT 06870

COST \$235 per adult/girl pair
Scholarships are available. Visit girlsleadership.org/scholarships for details.

REGISTRATION [Online Registration Link](#)

QUESTIONS Contact Dillan Arrick at dillan@girlsleadership.org
