

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

2/3 GIRL & GROWN-UP SERIES:

NINE TOOLS FOR TRUE FRIENDSHIP

Old Greenwich-Riverside Community Center

February 2020



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.

ROLE PLAYING WAS EXTREMELY EFFECTIVE, GIVING GIRLS A CHANCE TO TRY ON NEW TOOLS.
– JENNY

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 *Nine Tools For True Friendships* provides an opportunity for girls and their significant role models to explore and share feelings, communicate authentically, and make healthy relationship choices. Each workshop is 90 minutes.

PROGRAM CURRICULUM

Week 1 – Standing Up for Yourself

Week 2 – Sharing Feelings

Week 3 – Double Sorry

Week 4 – Choices for Friend Trouble

WHO Girls in grades second and third grade with one adult

WHEN Saturdays: February 1, 8, 22, and 29, 11am- 12:30pm

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

COST \$265 per grown-up/girl pair
Scholarships are available. Visit girlsleadership.org/scholarships for details.

REGISTRATION [Online Registration Link](#)

QUESTIONS Contact Dillan Arrick at dillan@girlsleadership.org
