



BE THE SPARK!

Third Annual Girls Spark Summit

May 20, 2023 Penn State Brandywine

High School Track: 10:30AM - 5PM

Middle School Track: 9:30AM - 4PM

Attendance is Free! Limited seating, must sign up in advance at GirlsSpark.com

Registration opens March 13, 2023

Girls Spark is a Delaware Valley region non-profit organization that aims to provide young women a supportive, empowering environment where they can learn, collaborate, and overcome adversity in facing today's challenging social issues. Our annual summit will be filled with fun, interactive, and unique workshops led by inspiring women leaders, ***vett****ed by our teen leadership board.*

This year, we will feature two exciting keynote speakers - ***Jaclyn Gallo***, a Tedx Speaker, two-time best selling author and host of ***Spark Your Light*** podcast. Jaclyn will talk to our attendees about ***"The Art of Bouncing Back and Building Resilience"***. We are also proud to have ***Lynette Medley***, CEO of the world's first ***Menstrual Hub/Uterine Wellness Center*** and ***Mobile Menstrual Health Unit***.

The rest of the day includes informative, age appropriate sessions led by professionals in their field, and each attendee will receive lunch (including Insomnia Cookies!) and a chance to win door prizes, a gift bag filled with lots of goodies and a Girls Spark t-shirt, all courtesy of our generous sponsors. Throughout the day, we will also offer vendor tables for additional learning and swag!

Upon advanced registration, each high school attendee will have the opportunity to *choose (3) fifty-minute core workshop sessions, highlighted below and 1 additional activity*

High School Track - Core Sessions

A.R.I.S.E from Fear - Ask the OBGYN - Becoming Me - Be the CEO of Your Own Success - Confidently Speaking Courageous Conversations & Healthy Boundaries - Every Story Matters - Financial Independence Finding Power in Community & Sisterhood - Healthy Relationships - Let Us Represent: Why Your Voice Matters You Got a Decision to Make

High School Track - Activity

Street Smarts/ Self Defense - Whole Body Yoga - Art Therapy

Middle School Track

Each middle schooler will hear from Julia Kasper, Founder of Girls Spark and rising senior at the University of Pittsburgh and core and attend each of the following core workshop sessions and choose from an art or yoga activity.

Charting the Unfamiliar - You are Enough - Name it to Tame it - You Control Your Emotions! - My Life, My Rules

Visit www.girlsspark.com to see full speaker bios and workshop details. Advanced registration is required, and FREE to attend for all high school and middle school girls! Treat the young girls in **YOUR** life to this wonderful opportunity!

Girls from all surrounding area schools are invited. This year, we are proud to offer free transportation by Krapf Bus to and from the following schools: Downingtown West High School and Upper Darby High School