“Becoming Her - The Pursuit of her”

Girls Program





Chantel Brooks

“The Resilience Speaker”

6-Week Program Outline

1st Week

Self-Worth – “You Are Enough”

Objective:

Students will explore their strengths, values, and personal worth, building a foundation of self-belief.

2nd Week

Identity – “Who Am I?”

Objective:

Explore personal identity, influences, and the importance of being authentic.

3rd Week

First Impressions – “Your Energy Introduces You”

Objective:

Understand the power of first impressions and how body language, tone, and attitude influence others.

4th Week

How Others View You – “Through Their Eyes”

Objective:

Reflect on the gap between how we see ourselves vs. how others perceive us.

5th Week

Developing Healthy Relationships – “Connections That Empower”

Objective:

Understand the qualities of healthy vs. unhealthy relationships, and how to build empowering connections.

6th Week

Being Resilient – “Bouncing Back Stronger”

Objective:

Reinforce the concept of resilience, how to bounce back from setbacks, and how to apply the learning from the program.

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