

MISSION, VISION & CORE VALUES



Our Mission:

To inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Our Vision:

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run Honors these Core Values:

- Recognize our power and responsibility to be intentional in our decision making
- Embrace our differences and find strength in our connectedness
- Express joy, optimism and gratitude through our words, thoughts and actions
- Nurture our physical, emotional and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

Key Words Aligning with Values:

- Empowerment
- Optimism
 Gratitude

• Nurturing

- Intentionality
- Diversity
- Connectedness
- Responsibility
- Character
- Open-hearted

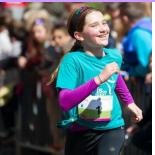
• Competence

Compassion



www.GirlsontheRunPBC.org

GIRLS ON THE RUN CURRICULUM



Each lesson focuses on a specific relevant, age-appropriate topic. At the heart of the program, and what distinguishes GOTR from other programs, are the **discussions**, which allow the girls to more fully explore their own thoughts, feelings and values... all while being physically active and having *FUN*!

Girls do not have to be runners to participate; they need a willingness to do their best.

Girls benefit whether it is their first season or their 6th! Each time a girl participates strengthens her understanding of the concepts and her ability to use the tools beyond GOTR.

