



Joyful. Healthy. Confident.

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:

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|------------------|----------------|
| • Empowerment | • Optimism |
| • Intentionality | • Gratitude |
| • Diversity | • Nurturing |
| • Connectedness | • Competence |
| • Responsibility | • Open-hearted |
| • Character | • 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.

