



## MIDDLE SCHOOL WORKSHOPS

### VISION BOARDING WITH JODI: IGNITE YOUR SPARK!



Harness the power of vision boards to bring your dreams to life! This workshop helps you create a vision board that fuels your passions, strengthens your mindset, and turns goals into action. Leave inspired, confident, and ready to make your vision a reality!

**- Jodi Silverman**

### BE.YOU.TIFULLY IN BLOOM WITH SOCIAL SAVVY ETIQUETTE



An interactive workshop to refine social skills, build confidences, and navigate social situations with charm, grace and ease. Participants will enhance communication, strengthen personal interactions, and feel more comfortable in any setting.

**- Dionne Carole**

### BOUNDARIES & BESTIES: BUILDING HEALTHY RELATIONSHIPS THAT RESPECT YOU



Setting boundaries is key to healthy relationships. In this interactive workshop you'll learn to identify your boundaries, spot red flags in friendships and dating, and communicate in confidence - empowering you to advocate for yourself.

**- Liz Scheirer**

### MIRROR MAGIC: REFLECTING YOUR POWER



Join Dr. Dom for a powerful workshop for girls of color—celebrating sisterhood, self-expression, and resilience. Through a creative affirmation mirror activity, you'll build confidence, connection, and self-love. Leave feeling uplifted and reminded of how amazing you are—inside and out!

**- Domonique (Dr. Dom) Revere**

### BRAVE & BALANCED: TOOLS TO TACKLE ANXIETY AND MAKE STRONG CHOICES



Tap into your calm and confidence! This workshop helps girls recognize anxiety, manage stress, and stay grounded. Through interactive activities, you'll build tools to feel in control, trust your instincts, and make strong, balanced choices. Leave feeling bold, balanced, and ready!

**- Amia Hines**

### CONFIDENCE OVER CONFLICT



This workshop helps girls understand bullying, recognize their worth, and develop tools to stand up for themselves and others. You will learn to identify types of bullying, build empathy, and develop strategies for responding, while fostering kindness and stronger connections.

**- Daniela Cerullo**



## HIGH SCHOOL WORKSHOPS

### ZEN & FIERCE: HOW MINDFULNESS CAN CHANGE YOUR LIFE



Life moves fast—stay grounded! This workshop teaches mindfulness techniques to boost resilience, find balance, and move through life with confidence. Take away practical tools, mindfulness in action, and a recording to stay centered. Join us and tap into your inner strength!

- **Stacy Mandel**

### GIRLS, THE FUTURE IS A LOT BETTER THAN IT LOOKS



Gain the confidence to navigate adulthood with clarity and excitement! Explore strategies to feel prepared, build self-assurance, and create a personalized vision for the future. It also tackles career choice anxiety in high school, helping you face the future with confidence.

- **Janet Sasson Edgette**

### FINANCIALLY FIERCE: UNLOCKING CONFIDENCE WITH YOUR FINANCES



Unleash your financial power in this transformative workshop! Master the art of budgeting, boost your financial literacy, and take control of your credit to pave the way for success. Discover how accounting is more than just numbers—it's the key to unlocking growth and leadership

- (L to R) **Lauren Holden, Aubree Davis**

### NEURODIVERSITY IN A SINGULARLY FOCUSED WORLD



Sometimes, all we need is a snack, a listening ear, and someone who is open to learning, staying curious, and embracing our unique qualities. This workshop fosters understanding of ourselves and others, including neurodivergent individuals, while learning to do it better, together.

- **Shana Francesca**

### GOING THERE WITH THE LIV PROJECT- CREATIVE ARTS & FEARLESS CONVERSATIONS



The LIV Project uses creativity as the key to unlocking fearless conversations around mental health. This workshop blends advocacy, storytelling, and THE GAME THAT GOES THERE® with collaborative creative art activities to inspire connection and open dialogue.

- (L to R) **Tess Kunik, Amy Fantalis**

### BEYOND THE DIPLOMA: MONEY MOVES FOR A STRONG START



Choosing a college degree and discovering the best return on investment (ROI) paths might surprise you. Learn why some trades can out-earn degrees, rank them in a fun game, and explore College Financial Agreements. Make smart, money-savvy decisions for your future!

- **Julie Miller**

## HIGH SCHOOL WORKSHOPS

### FUEL YOUR BODY, FEED YOUR CONFIDENCE



This dynamic workshop equips teen girls to make informed health choices by understanding ingredients in food and products and identifying harmful chemicals. It also builds confidence in your unique health needs, free from societal pressures on what's "healthy."

**- Paolo Nardello**

### SHADES OF STRENGTH



An inspiring intergenerational panel for girls of color, celebrating the power of sisterhood and community. Through personal stories, participants will explore how women uplift one another across generations—honoring the strength in unity and every shade of identity.

**- Dr. Domonique Revere (Dr. Dom)**

### BREAKING BARRIERS: WOMEN IN THE TRADES PANEL



Hear from inspiring women building careers in skilled trades like construction, automotive, and more. Panelists will share their journeys, challenges, and how they broke into these hands-on, high-demand fields. Learn about career paths, and why trades might be a great fit for you! **- (L to R) Dayanna Cardenas Caicedo, Rachel White, Clare Gervino, Vanya "Robi" Robinson**

### POWER UP: SELF-DEFENSE SKILLS FOR CONFIDENCE & STRENGTH



This self-defense workshop equips girls with essential skills, including physical techniques, situational awareness, and assertiveness. It builds confidence while emphasizing boundary-setting and community support, leaving you strong, capable, and ready to protect yourself!

**- Jolene Westraad**

### IRULE: HOW TO HANDLE YOUR BIG FEELINGS



Feeling overwhelmed or stuck? It's okay to have big feelings—what matters is how you handle them! This workshop introduces IRULE, a 5-step framework to manage emotions. Learn tools like grounding, journaling, and breathing to cope with stress and anxiety.

**- Dr. Missy Kleinz**

### HOW TO AVOID SCHOOL BURNOUT

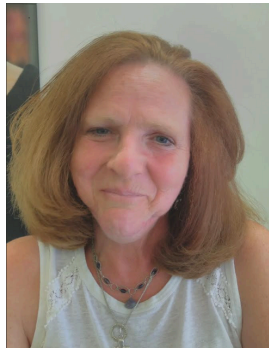


Feeling overwhelmed by school? This workshop will help you overcome barriers and identify your personal values. Gain strategies to prioritize well-being, communicate with your parents or caregivers, and embrace self-care. Take a step toward balance and a healthier you! **- (L to R) Miriah Rutledge, Sara Silliman, Brianna Ramirez**



## PARENT WORKSHOPS

### COMMUNICATING WITH GIRLS THROUGH A TRAUMA- INFORMED LENS



\*This workshop will equip parents with trauma-informed communication strategies to build safe, supportive relationships with your daughters. Participants will learn how trauma—big or small—impacts emotions and behavior, how to recognize trauma responses, and respond with empathy. The workshop includes interactive activities, practical tools, and a safe space for discussion to help create a home environment that fosters healing, connection, and resilience.

- **Kathryn Mariani**

*\*Attend this workshop & receive a \$25 Amazon gift card! This workshop is made possible through the support of Child Guidance Resource Centers.*

### RAISING KIDS IN A SCREEN- SATURATED, ULTRA- COMPETITIVE WORLD



Modern adolescence presents new challenges for parents, from competing with the Internet for attention to maintaining authority in the face of teenage judgment. Parents often question their decisions on issues like curfews, screen time, and respect. This workshop will address concerns about preteen and teen mental health in a social media-driven culture and offer strategies to help you regain confidence in your judgment. It will also provide tips for managing the pressure of academic and athletic achievement while protecting kids' well-being and enjoyment.

- **Janet Sasson Edgette**