



girls
spark
2024
summit

**INSPIRATION
PROGRAM
GUIDE**

JOIN THE GIRLS SPARK MOVEMENT



Teen Leadership Board

This summer, teen girls will be invited to apply for positions on the Girls Spark Teen Leadership Board, where they receive training in leadership, teamwork, project management, and financial literacy. *

Mentored by our staff and Adult Board, they actively contribute to the planning of our annual programs, promoting Girls Spark through community outreach efforts, and so much more!

Each Teen Leader can earn up to 40 hours of community service!



Virtual Workshops

Girls Spark virtual workshops spotlight our most popular women speakers offering girls in our community a continuous opportunity to engage and connect with peers and women role models in ways they have never done before.

School Clubs & Summits

Girls Spark has student clubs at Lower Merion, Haverford, and Kennett High Schools!

Don't see a Girls Spark club at your school? Start one today at your middle or high school and lead the change!

You can also invite Girls Spark to your school for a summit!

Get Involved

- Teen Leadership Board
- *Adult Board
- Workshop Leader
- Community Partner
- Ambassador Volunteer

*Actively recruiting *new* Adult Board members! Specializing in sales/fundraising, marketing, and community outreach a plus! Interested? Contact Laura Kasper at laurakasper@girlsspark.com.

Visit girlsspark.org to get involved!

About Us

Founded in 2018 by teen girls, Girls Spark is a nonprofit serving girls ages 11 to 19 in the Delaware Valley region!

What We Do

Girls Spark is the *only* area nonprofit devoted to creating safe, supportive educational programs to empower and improve the economic, mental, social, and overall well-being of girls.

Programs

- Annual Summit
- Virtual Workshops
- School Clubs
- School Summits
- Teen Leadership Board



Get Involved

Launched in 2009 by The Main Line Chamber of Commerce, the Society of Professional Women, SPW, is a forum for women (and men) to accelerate the advancement and expand the influence of women leaders in all professions and generations, strengthen our business community, and support the region's non-profit organizations. SPW is regularly ranked as the largest women's networking organization in the region by Philadelphia Business Journal.



SPW offers many opportunities throughout the year for professional and personal development. Through these different programs, companies can invest in their leaders, and those on track to lead, in a way that helps to enhance, reward and retain talent.

- Trademark Events
- Lunch & Shares
- Gold Leaf Celebration
- Women Helping Women Mentoring Program
- Workshops



SPWmainline.com



facebook.com/SPWmainline

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thank you!

middle school workshop leaders

Jen Croneberger Keynote Speaker
"We aren't meant to do this alone."

Kaitlyn Clark

Ins and Outs of Friendships

"One of the most beautiful qualities of true friendship is to understand and be understood." - UNKNOWN

Corinne Logan
Yoga Instructor

"Have Fun -- Be Kind -- Ask Questions. Pretty much covers all life advice."

Leah McVey

Yoga Instructor

"It is not enough to climb the tree; we must be able to get down too." -T. K. V. Desikachar

Danielle Neathery
Yoga Instructor

"Act as if what you do makes a difference. It does."
- William James

Michaela Herr & Petra Atrz

Therapeutic Art Workshop

"We are born makers. We move what we're learning from our heads to our hearts through our hands."
- Brene Brown

Madeleine Freedman

Ins and Outs of Friendships

"One of the most beautiful qualities of true friendship is to understand and be understood." - UNKNOWN



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Summit



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middle school workshop leaders

Kate McCauley

Unleash the Champion Within

"True champions see failure as RESEARCH!"

Paola Nardello

*Wellness 101 Supporting Your Energy through
Breathwork & Nutrition*

"Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: Thank you!"
- Karen Salmansohn

Lisa Bryant

You Are Enough

"It doesn't matter if others think you're not enough. What matters is the fact that you know that YOU ARE ENOUGH!"

Cara Dixon & Dr. Sara Green

Be Kind to Your Mind

"Every challenge, every adversity, contains within it the seeds of opportunity and growth."

Dr. Dom Revere

Stand Up, Speak Up

"Believe in the power of your voice. Its strength will shape our world and rewrite the narrative of compassion."

Pantea Minnock

*Wellness 101 Supporting Your Energy through
Breathwork & Nutrition*

"Remember to be gentle with yourself. Deep breaths are like little love notes to your body." - Kobi Yamada



Meridian Bank is proud to support Girls Spark!

Founded in 2004 by innovative business lender Chris Annas, Meridian Bank knows business because we're run like a business. Meridian has made it a priority to support organizations and programs that enrich the communities we serve.



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high school workshop leaders

Erika Rothenberger Keynote Speaker

"Go tell your story. Do things you care about. Make the difference you want to make. BE AUDACIOUS."

Amia Hines

You Have a Decision to Make

"A secret to happiness is letting every situation be what it is instead of what you think it should be and to make the best of it."

Julie Miller

Budget Like a Boss

"The most difficult thing is the decision to act, the rest is merely tenacity." – Amelia Earhart

Amy Fantalis

Understanding Global Conflict & Coping With It's Effects

"If you're always trying to be normal, you will never know how amazing you can be." -Maya Angelou

Ana Welsh

Unwritten Rules of Entering the Workplace

"Always remember you have no competition, no one is you. Bring positive energy every where you go and you will go farther than you can imagine."

Nasim Sadr-Fala

Understanding Global Conflict & Coping With It's Effects

"Peace cannot be kept by force; it can only be achieved by understanding." – Albert Einstein

DID YOU KNOW...

PROTEIN IS ESSENTIAL FOR LIFE AND IS IMPORTANT FOR TEEN GIRLS BECAUSE IT HELPS WITH GROWTH, ENERGY, AND TISSUE REPAIR. PROTEIN IS ALSO IMPORTANT FOR SUPPORTING A HEALTHY IMMUNE SYSTEM, KEEPING YOU FULL, AND PREVENTING YOUR BODY FROM BREAKING DOWN MUSCLES.



thank you!

high school workshop leaders



Janine Barsoum
ASK the OBGYN
"Your heart knows the way; trust its whispers and let it guide you to greatness."

Rebecca Evans
Street Smarts - Self-Defense
"Be a fighter."

Mary Vila
Let's Be Kind to Our Minds
"Between stimulus and response, there is a space. In that space, we have the power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl



er
ERIKA ROTHENBERGER
GRIT, GRACE & GLITZ

Emily Teofilak
Give Yourself Credit
"Your credit score is a powerful tool; it can either open doors to opportunity or close them shut. Build it wisely."
- Anonymous

Samantha Robins
Healthy Relationships
"No survivor of relationship abuse is ever alone."
The 24/7 Hotline is available with crisis counselors from the Domestic Abuse Project of Delaware County at (610) 565-4590.

LET'S STAY CONNECTED

@erika.rymsha @erikalearothernberger
 erikalearothernberger.com



Melinda Janofsky
Mind, Body, Wellness - High School Yoga
"Never forget the essence of your spark!" - Taylor Swift



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workshop leaders

Women in Government

Monica Taylor

President of Delaware
County Council

"Never underestimate the power of your voice and your potential to shape the future. Dare to dream big, work hard, and fearlessly pursue your passion for creating positive change in the world."

Gina Curry

State Rep, 164th District

"Be the woman who fixes another woman's crown, without telling the world that it was crooked."

Carol Kazeem

State Rep 159th District

"Kindness is universal. Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary." — Germany Kent

Heather Boyd

State Rep 163rd District

Leading Ladies - Ask the CEO'S

Kim Wright

"Never let the world dull your sparkle. Keep shining!"

Maria Ferzola

"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success." - Arianna Huffington

Lauren Williams

"Be fearless in the pursuit of what sets your soul on fire."

Sandra Guillard

"It is confidence in our bodies, minds, and spirits that allows us to keep looking for new adventures." - Oprah Winfrey



Girl Power!

 lexi_martin_rat

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KEEP KILL'N IT AT SCHOOL,
VOLLEYBALL, BABYSITTING,
VOLUNTEERING AT THE
SPCA, YOUR FRIENDSHIPS,
AND EVERYTHING YOU DO
FOR ALL OF YOUR ANIMALS.

 MOM, DAD,
BRENDAN & CHASE



thank you!

Finding Justice

The Untold Story of Women's Fight for the Vote

Amanda Owen

"The bell signifies justice, and justice is the most important thing in the world today. We have won our liberty. Now, we must fight to preserve justice." - Katharine Wentworth Ruschenberger, Creator of the Justice Bell

To learn more visit: justicebell.org



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"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain."
- Vivian Greene



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Thank You

2024 GIRLS SPARK SUMMIT TEAM

- Julia Kasper, Founder of Girls Spark
- Laura Kasper, Board President
- Kim Yacoubian, Executive Director
Adult & Teen Leadership Boards
- Nicole Stephenson, Summit Co-Chair
- Heather Kay, Summit Co-Chair
- Bianca Reznic, Teen Board President
- Eliana Magallanez, Teen Board President Elect
- Nasim Sadr-Fala, Operations & Workshop Leader
- Julie Miller, Workshop Leader
- Gina Curry, Workshop Leader, Fundraising & Bus Coordinator
- Samantha Null, Comfort Room Coordinator
- Elan Guthrie, Sofia Bass, Amya Heffelfinger, &
Joanne Shrimp, Social Media
- Meg Woody & Barb Williams, Lunch Coordinators
- Pat Brittingham, HR Coordinator
- Shelly Azen, Volunteer Coordinator
- Monica Magallanez, Vendor Coordinator
- Wanda Albert & Alice Pacitti, Bus Coordinators
- Melissa Maani, Graphic Designer
- Jaclyn Protesto, Mary Conley, & Kathy Breslin,
Fundraising Committee



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2023-24 GIRLS SPARK ADULT BOARD

Laura Kasper, President
Pam Seplow, Vice President
Suzanne Jackson, Treasurer
Wanda Albert, Secretary
Marnie Bauman
Katherine Crews-Williams
Rep. Gina H. Curry
Cheryl Gebeline-Myers
Heather Kay
Jennifer Landis
Monica Magallanez
Julie Miller
Samantha Null
Alice Pacitti
Nasim Sadr-Fala
Nicole Stephenson





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is *proud* to *support* the

**Girls Spark
2024 Summit**

IGNITE. OVERCOME. INSPIRE



2023-24 GIRLS SPARK TEEN LEADERSHIP BOARD

- Bianca Reznic, President
- *Eliana Magallanez, President Elect
- Sofia Bass, Vice President
- Annie Durant, Vice President Elect
- Talia Salome, Treasurer
- Arin Lee, Secretary
- Amya Heffelfinger, Secretary Elect
- Amara Okechukwu
- Ava Gonnella
- Caitlin Small
- Christine Link
- Erin Small
- *Ilana Mintz
- Isabella Fielder
- Joanna Shrimp
- Julia Nowaczyk
- *Julia Mintz
- Kira Minnock
- Maddie Krassner
- Moira Loughrey
- Shriya Rajagopalan
- Sydney Thomas

*Leads for Girls Spark School Clubs at
Haverford and Lower Merion High Schools



EMMA AND MORGAN,
HAVE A GREAT DAY!
WE ARE SO PROUD
OF YOU!
LOVE, YOUR MOM(S)

THANK YOU



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HOST



GIVE GIRLS SOMEONE
TO LOOK UP TO



Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



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Tashia Bell
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<https://tbintentionalitypurpose.com/>



YEA!

Now You're In Business

The Young Entrepreneurs Academy provides students in grades 6-12 with the knowledge and skills they need to start and run their own business. No business experience is needed—just creativity, enthusiasm, dedication and lots of effort.

Girls Spark Adult Volunteer Opportunities



Have a shared passion for helping teen girls?

- Serve on our Adult Board! We are actively recruiting new Adult Board members. Specializing in sales/fundraising, marketing, and community outreach a plus.
- Spread awareness of Girls Spark programming throughout the community.
- Share Girls Spark posts and stories on social media.
- Connect influencers, educators, and community partners with Girls Spark.
- Promote Girls Spark to increase participation to virtual programs, summit, and in-person events.
- Recruit teen leaders, members, influencers, and ambassadors for Girls Spark.
- Join our Fundraising Committee to help secure donations and sponsorships to meet our mission.
- Volunteer at Girls Spark community events.

Interested? Contact Board President Laura Kasper at laurakasper@girlsspark.com.



Join the Girls Spark Teen Leadership Board

What's in it for you...

- Have your voice heard
- Help empower teen girls
- Improves college application
- 15+ hours of community service
- Learn project management & leadership skills
- Create program content that matters to teen girls
- Unique leadership opportunity with a non-profit board
- Be part of a supportive community of like-minded girls



What's expected of you...

- Lead or serve on a committee: programming, marketing, logistics, summit, finance, fundraising, technology, administration
- Follow and share Girls Spark social media
- Participate in one or more community outreach events
- Attend the teen monthly meetings, and committee meetings
- Help recruit new teen board members and attendees to virtual programs, summit, and in-person events
- Act as an ambassador by sharing and promoting Girls Spark in your school, with family and friends

Each Summer, we recruit girls for our Teen Leadership Board. Interested in joining the Teen Leadership Board, and making a difference in your community? Email info@girlsspark.com.



SAVE THE DATE

GLITZ, GLAM & ALL THAT JAZZ

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Girls Spark Fundraiser

Saturday, November 9, 2024 | 7 PM-11 PM

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the end. Just
the beginning.
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your back.



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