



WORKSHOPS

Middle and high school girls will attend two age-specific workshops designed to inspire and empower, then come together for an elective session to share perspectives and connect.

SHINE BRIGHT: OWN YOUR AWESOME (MIDDLE SCHOOL)



Middle school can feel overwhelming, but it's also the perfect time to discover your strengths. This workshop will help you challenge negative self-talk, manage social media pressures, and build confidence to shine as your best self. - **Amy Fantalis**

CONFIDENCE OVER CONFLICT (MIDDLE SCHOOL)



Middle school girls will learn to recognize bullying, build confidence, stand up for themselves and others, and develop empathy. They'll leave with real strategies to handle bullying and promote kindness in their schools and communities. - **Daniella Cerullo**

UNBOXED: BREAKING FREE FROM LABELS (HIGH SCHOOL)



High school can be full of labels and pressure to fit in. This interactive workshop helps you push past stereotypes, quiet self-doubt, and build real confidence. Walk away ready to lead, connect, and show up as your true self—no filters needed. - **Dr. Dom Revere**

PAUSE, PIVOT, SPARK: TOOLS TO BUILD CONFIDENCE, (HIGH SCHOOL)



This workshop helps high school girls understand themselves, manage emotions, and build real connections. With practical tools and real-life examples, you'll learn how to handle challenges, communicate better, and grow through tough moments. - **Ana Welsh**

STREET SMARTS SELF DEFENSE (ELECTIVE)



This interactive self-defense workshop gives girls practical tools to stay safe, set boundaries, and handle tough situations with confidence. Through hands-on practice and discussion, participants will build both physical skills and personal empowerment. - **Jolene Westraad**

GLOW & FLOW YOGA (ELECTIVE)



This empowering yoga workshop helps girls connect with their bodies, manage stress, and build confidence from the inside out. Through movement, breath, and reflection, participants will discover simple tools to boost self-esteem, ease anxiety, and feel strong every day. - **Melinda Janofsky**

COLOR YOUR CALM (ELECTIVE)



This creative workshop uses the power of art to help girls explore emotions, express themselves, and find healthy ways to cope with life's challenges. No art experience is needed—just an open mind and a willingness to create. - **Brianna Haffner**