



Nate's Story Presents:  
Let's Talk About It!  
A Confidence and Self-Esteem Workshop for Girls

**Who?** Nate's Story founder, Michele Kidd, is organizing self-esteem workshops for girls. These workshops will be co-hosted by Shakema Geer. Both Michele Kidd and Shakema Geer are motivational speakers and certified life coaches. This workshop will target middle school girls (grades 6-8) and high school girls (grades 9-12) in Brooklawn/Gloucester City & surrounding areas.

**What?** This workshop is not therapy or counseling. It is a way for girls to learn practical strategies to help them think positively about difficult situations. It is also a way for them to practice overcoming negative self-talk, and build better friendships/relationships. The goal is to teach girls how to change the way they see themselves and imagine their full potential. When girls have a healthy, positive self image **they understand their inherent value and worth**. Girls are comfortable and appreciative of themselves. They recognize it's okay to be different and stand out from the crowd. They believe they are capable of doing good things, and they strive for progress not perfection.

**When & Where?** The workshops will be hosted at the Brooklawn Community Center located at 101 2nd St, Brooklawn, NJ 08030. Materials and refreshments will be served.

**Why?** A recent study conducted by the Centers for Disease Control states that teens girls are experiencing record high levels of violence and persistent sadness. The study showed that 57% of teen girls experienced persistent sadness or hopelessness in 2021, up from 36% in 2011. Findings from the Youth Risk Behavior Survey are calling for schools and communities to intervene. Hosting these workshops is a way for the community to gear girls towards help. Information pamphlets and follow-up resources will be available.

Workshop Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Name: \_\_\_\_\_ Student Signature: \_\_\_\_\_

### **COACHING IS NOT THERAPY, COUNSELING OR CONSULTING**

Coaches don't diagnose, repair, analyze or prescribe. Although coaching can be emotional and profound, coaches don't focus on issues of pathology or unresolved psychological issues of the past. Although we focus on the whole person with all their experiences, joys and sorrows, coaches concentrate on the present and future rather than digging into the past.

#### **Nate's Story LLC. Legal Disclaimer Notice**

The information contained within these workshops is not a substitute for professional advice such as a Medical Doctor, Psychiatrist, Counselor or Therapist

The information provided does not constitute legal or professional advice nor is it intended to be.

Diagnosing psychological or medical conditions is for trained medical professionals (Physicians and Therapists), not for a Life Coach.

Any decisions made, and the consequences thereof are the full responsibility of the participant. Under no circumstances can you hold the host or company liable for any actions taken. You agree not to hold Nate's Story LLC., or related certified Life Coaches, liable for any loss or cost incurred by you, or any person related or associated with you, as a result of materials or techniques, or coaching offered in this workshop

Results are not guaranteed.

Nate's Story LLC. holds no responsibility for the actions, choices, or decisions taken or made by the participant or anyone related to the participant of these workshops.

The owner and contributors accept no responsibility or liability whatsoever for any harm - real or imagined - from the use or dissemination of information contained here.

**If these terms are not agreeable, do not engage in a workshop. By engaging in the workshops and the services provided by Nate's Story LLC., you have agreed to all terms and conditions.**

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

Workshop Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Information

Student Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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Emergency Contact Name: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

\_\_\_\_\_  
Dietary Restrictions/ Allergies

\_\_\_\_\_  
Any information you would like us to know about your child?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I give my my child permission to participate in \_\_\_\_\_ . I am aware this is a workshop and is not therapy. I understand the individuals running the workshop have my child's best interest in mind.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

Workshop Name: \_\_\_\_\_ Date: \_\_\_\_\_