

# Bold New Girls

## Teaching and Coaching for Girls

**Bold New Girls** is unique and comprehensive teaching and coaching for girls in both academic and personal development. Its aim is to empower girls be *happy, healthy, and confident*. **Bold New Girls** takes a preventative and proactive approach to coaching and mentoring young girls, equipping them with the necessary academic and life tools as they grow and change and develop a clearer sense of self. **Bold New Girls** offers integrated learning and personal development programs, designed with each girl's individual needs and goals at the centre!

**Bold New Girls** aims to help young girls with the following:

- Focus, attention, and positive learning behaviours
- Academic success – foundation skills, learning *how* to learn, coping tools, and executive functioning
- Self esteem & self efficacy
- Self confidence
- Skills in question-asking & reflective learning
- Self-awareness, self-acceptance, & self empowerment
- Communication and relationships with others
- Thinking skills, decision making, & problem solving skills
- Positive self image
- Life/coping tools & life balance
- Self-management



### Next Steps:

- Initial Intake Consultation
- Program Creation
- Set Up Sessions
- First session (including review of program and guidelines)



**Lindsay Sealey, M.A. Ed**, is a teacher, coach, and mentor who is passionate about positively influencing young girls by focusing on learning and personal growth. She has fourteen years of teaching and coaching experience working with girls of all ages and at all skill levels. Lindsay understands the importance of reflective learning and building trust and safety in relationships to nurture and support each individual learner. Her approach is preventative and based on the strong belief that if we can start talking with young girls early, we can facilitate learning and growth and equip our young girls with the necessary life tools to love and accept themselves and feel healthy and confident. She is dedicated to making a difference in the lives of young girls through her books, workshops, and coaching work.

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