

GROWING STRONG GIRLS

SUMMER PROGRAMS



JULY 15 – AUGUST 30, 2019

Does your daughter's confidence need a boost?

Do you want her to be more brave, bold, and boundaried?

Do you need her to hold a healthier body image?

Would you like her to know how to cultivate positive friendships without girl drama?

Wouldn't it be nice if she found balance between social media and really living?

Growing Strong Girls
PRACTICAL TOOLS TO CULTIVATE CONNECTION
IN THE PRETEEN YEARS
LINDSAY SEALEY, MA, ED
WITH A FOREWORD BY DR. JENNIFER L. GORDON
Author of *Angry Girl*

These questions and much more will be explored in one-on-one summer sessions (1 hour each) that involve discussion, arts and crafts, and practical tools.

A copy of Growing Strong Girls and all materials will be provided.

For details and registration, email: info@boldnewgirls.com

For early bird discount of \$50, register by May 15, 2019.

Program weeks can be flexible to suit your vacation time.

Registration closes on June 21, 2019.

Summer sessions can be customized to 'best fit' the needs of your daughter.

TOPICS INCLUDE:

- Nurturing identity and personal best
- Being brave and healthy risk taking
- Bolstering confidence and self-esteem
- Learning boundary and border setting
- Embracing "perfectly imperfect"
- Understanding what it means to have a healthy body and body image
- Managing stress and anxiety
- Cultivating healthy relationships and dealing with drama
- Becoming interactive and interesting with social and emotional skills
- Finding balance with social media
- Practicing the growth mindset: hard work, positive self-talk and making mistakes
- Learning leadership and banning bossy

www.BoldNewGirls.com