



## WORKSHOP DESCRIPTIONS

### **Core Confidence 1**

...is our signature workshop where girls learn how to coach out their confidence and do what they want. We talk about knowing who we are at our core and what our most important values are. We also learn about gremlin thoughts which can often talk us out of being our true selves, and how to listen to a different voice in our head, our inner coach. The workshop ends with a message about community and the importance of surrounding ourselves with people who build us up. Involves some group/partner activities and writing/art projects. Ideal for girls 7-10 years old.

### **In Core Confidence 2**

...girls learn additional confidence-building tools, such as “priming the pump” for success, how to actively choose our perspectives and learning to ground/center when we’re nervous or unfocused. Like in Core Confidence 1, the workshop ends with a message about community and the importance of surrounding ourselves with people who build us up. Involves some group/partner activities and writing/art projects. Ideal for girls 8-10 years olds.

### **Core Confidence 3**

...is the 3<sup>rd</sup> workshop in the Core Confidence Series and can also be taken as a stand-alone class. It is about building self-confidence through training our brain. In other words, “choosing” to have a growth mindset. A growth mindset is believing that we can grow smarter (or increase any of our abilities) with effort and hard work. We begin with an exercise where girls get to experience what it actually feels like to be in a growth mindset, including having fun, not fearing mistakes and being inspired (not threatened) by others success. We also spend time explaining the brain science behind learning and how the more our brain does something the more automatic and easier it gets. Last girls develop an ability to turn mistakes on their head and see them as gains rather than losses. Involves some group/partner activities and art projects. Ideal for girls 8-12 years olds.

### **Confident Friendships**

... is a stand alone class and focuses on how to choose and be a good friend with self-confidence. Girls learn to see friendship through a new lens which is that first and foremost friendship is a journey about OURSELVES. We don’t need to be friends with everyone and by understanding who we are and making good decisions, we’ll attract the right people at the right time. Adopting this new perspective helps girls relax into the process more. In addition, girls learn techniques to navigate the inevitable drama that comes with friendships but in a way that maintains their self-confidence. Involves group/partner activities and some role-playing. Ideal for girls 7-12 years old.

### **Confident Leadership**

...is a reflective workshop where girls learn about who they are at their core and what their natural leadership skills and style might be should they choose to lead. Girls also explore an area in their life where they might want to become a leader. Some public speaking is involved but only for those who volunteer. This class is usually taught as a two-part series and includes an art project on the second day. Ideal for girls 10-12 years old.