

MyGirl Coaching

Growing Confident Women & Girls



Coach out your confidence.

Confidence is a learnable skill, accessible to anyone. We teach you how to directly build your personal power muscles.

MyGirl Coaching empowers girls, teens and women to improve self-confidence and strengthen relationships. At our core, we believe that confident women and girls have the ability to change not only THEIR world but THE world!

1

DISCOVER

Start building self-confidence by first looking inward.

2

OPTIMIZE

Develop healthy & helpful self-talk to support who you are.

3

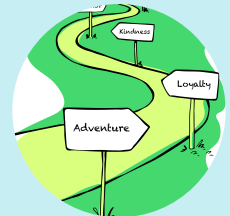
EXPAND

Step outside your comfort zone & flex your new skills.



You Got This!

A once a year event for girls entering middle school.



Leader Labs

Where teens learn to be leaders of... themselves.



Purpose in the Park

Host one of our unique programs at a local park.

Programs

Self-confidence is the ability to do all that you want to in the world...AND be yourself in the process.

MyGirl Coaching inspires people to know, love and trust themselves in order to move forward in life and reach their fullest, most awesome potential. We do this work because our daughters are watching and they particularly need Relevant Models© to help them navigate the world around us.

We offer tailored presentations, workshops, mother-daughter duets and one-on-one coaching. In order to do this important work, we partner with schools, nonprofits, community-based organizations, businesses and private individuals.

Ask us about our *Girl on Purpose* series, the *You Got This!* event for middle schoolers, our *Leader Labs* and the new Covid-friendly *Purpose in the Park* program. Additional topic-specific sessions include confident friendships, healthy social media use, developing a growth mindset, and



social and emotional learning. Book signings are also available for the Amazon best-seller **Girl on Purpose!**

Contact Danielle for more information or to schedule your specialized program. Visit our websites, www.mygirlcoaching.com and www.girl-onpurpose.com.

“...you don’t need to look a certain way, or be popular or great at soccer to matter.”

- Danielle Fuligni McKay

CONFIDENCE IS A CHOICE

Have you ever had a friendship that didn’t work out? Or not wanted to go to school or work? Do you sometimes feel like you’re not good at anything? Or just wished you worried less?

We are here to tell you that it’s possible to find true friends, to look forward to school or work, to feel like you’re doing things *right* and to focus on the positive! It just takes learning the necessary tools and skills to help yourself. You already have the power inside of you to change the way you think and feel and to ultimately create the reality you want.

