

The Girls on Purpose Program

consists of eight 90-minute sessions and is ideal for 4th-6th graders. The program roughly follows the Girl on Purpose book chapters: building self-esteem, finding your core values, self-talk and perfectionism, choosing perspective, emotional confidence, confident friendships (part 1 & 2) and then a wrap up session where the girls make a vision board. Confident friendship part 1 is about toxic versus true friendships; Part 2 is about conflict and how to express and stand up for yourself.

Program Cost: \$200/participant



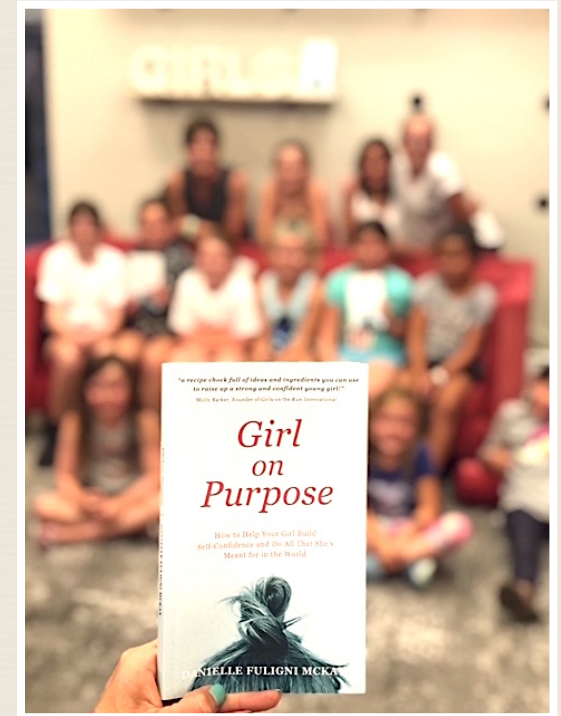
ABOUT ME



Danielle Fuligni McKay is a Harvard-educated, ICF-certified writer, speaker and leader of confidence-building workshops for girls in the Bay Area. She loves running, art and playing Yamslam! with her three kids.

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GIRLS ON PURPOSE



Do you want your girl to thrive with self-confidence? The Girls on Purpose Program helps girls build the skills to be and do all that they're meant for in the world.





“I used to think that you only had to have self-confidence. Now I know that you have to have self-esteem to build the bottom of self-confidence.” - Sarah

“I used to think in a fixed mindset. Now I have more of a growth mindset and think of the more positive things in life. This has set me onto a better path.” - Delaney

“I used to think I don't do good at things but now I'm my own coach.” - Carly

“I used to think it was selfish to say positive traits about myself because I thought it was rude. Now I think it's just something about me and it's not selfish.” - Emily

“I used to think that not wanting to be friends with someone was a bad thing. Now I think that it's okay not to want to be friends with someone because they might not be the right fit.” - Lori

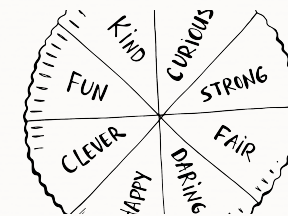
THE GIRLS ON PURPOSE PROGRAM

Imagine taking the time to understand what makes you tick, what you believe in and what you want; to learn to not be blocked from action by fear, to not worry what people think or try to be someone else; and to believe you can do anything you set your mind to.

Imagine becoming....a Girl on Purpose.

SELF-ESTEEM:

Girls and women rarely stop to think about their best qualities. However, it's essential that girls understand and can define their self worth. Self esteem is at the heart of everything we do in life - every decision, what goals we set for ourselves, who we surround ourselves with, and what we truly believe we can achieve.



Low self-esteem is a roadblock to high self-confidence.



Girls will learn that you don't need to look a certain way or be popular to matter.

SELF-CONFIDENCE:

Self-confidence is the ability to do all that you want in the world and be yourself in the process. It's also like a muscle that gets stronger with practice, is a learnable skill and is accessible to anyone. Confident women and girls have the power to not only change THEIR world but change THE world.



It's important to know and follow YOUR core values, not your friend's or parents'.



Girls will learn how to use mindset and perspective as tools for life.

CONFIDENT FRIENDSHIPS:

Actively choosing our friends is important because who we surround ourselves with is who we become like. Finding those who make you feel comfortable AND inspired is the goal! But also remember that conflict is a part of any healthy relationship. It's how you handle it that matters.



Finding the right fit for right now is key and it's ok when friends outgrow each other.



Girls will learn that your best friends are the ones who bring out your best.