

SET UP YOUR SPACE

- As you read through this guide, keep in mind that each workshop should be 1-1 ½ hours in length. This is up to your discretion and will be based on your personal preference. Of course if you allow more time, discussions may be more in-depth and you can take more time for activities.
- Set up a fun, feminine table with a bright tablecloth, and a few snacks & drinks.
- Display a framed Mission Statement and set out the workbooks for each girl.
- Prior to the start of the discussion, make a strong statement to the group about confidentiality. Let the girls know that everything discussed in the group will remain within the group and have the girls agree that they will not discuss their conversation in any mocking way to other friends.
- At the start of each workshop, have a few girls read the mission statement out loud.
- Each workbook has 3 main worksheets. As you review each worksheet, there are graphics and quotes you can have the girls read out loud. You will explain each mindset tool as described as well as interject your personal examples.
- There will be a physical activity to keep the girls engaged and active. You will discuss the topic with the prompts on each worksheet. Allow the girls some time to write answers and then offer opportunities for sharing.

