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# Introductory Workshop

## What is a positive mindset?

### WORKSHOP STRUCTURE

Congratulations! You are ready to hold your first workshop!

*Let's go through start to finish, how to run a Jump Into Joy Workshop.*

This is the beginning of your journey with this group of girls. You have made the awesome decision to inspire and teach these young ladies how to live with a positive mindset and to stay true to themselves. This first workshop is all about introductions, getting to know each other, and building trust within the group.

- As girls and their parents arrive to the workshop, greet them pleasantly and enthusiastically. Help them feel welcomed and secure in this new environment.
- Once the group is together, you will introduce yourself to the girls and parents to give them your background, credentials, and why you are facilitating this workshop. If applicable, provide some personal examples about your experience with mindset tools and self-discovery.
- Once the facilitators have completed their introductions, one facilitator will take the girls to play an **Introduction Bingo Game (found on next page)** while you review any necessary paperwork and answer any questions. This is your opportunity to explain that this **Introduction Workshop** is meant to lead into a 4-part workshop and to sell them on the benefits of continuing the workshop.
- Dismiss the parents and join the group. Ask the parents to arrive 10 minutes before the workshop ends so that the girls can share some of what they learned.
- Take pictures throughout the workshop. You can create a collage to include in your final workbook as a memory.