



2015 FALL

The Wishing Star is partnering with Bold New Girls to present

Girl Empowerment Workshop Series

with Lindsay Sealey, B.A., M.A. Ed.

The Wishing Star
Lapointe Developmental Clinic



& Bold New Girls

Girls will have the opportunity to explore 3 growing concerns and the tools and strategies to help them feel equipped and empowered by: *learning, sharing with other girls, participating in activities, and reflecting!*

1. Beyond BFF's | Saturday, September 26, 10:00 am - 1:00 pm

Beyond BFF's is a workshop designed to navigate some of the relational pressures girls are experiencing today and to explore the shift away from the ideal friend, or "BFF", to a diverse circle of friends. This workshop is intended to help girls consider expanding their idea of friendship to a more open and inclusive definition and understanding. Also, we will look at basic communication tools, making and keeping friends, dealing with gossip and conflict, and different ways to celebrate friendship!

2. Body Image Breakthrough | Saturday, October 24, 10:00 am - 1:00 pm

Girls today are facing increasing pressures to be thin, beautiful, and "perfect". This can make accepting their bodies almost impossible! The *Body Image Breakthrough* workshop has been designed to address these social and internal pressures and the various influences on girls today and explore ways for girls to be kind, caring, nurturing and accepting of their unique bodies. Topics explored include: "fat talk", positive body messages, comparing and perfectionism, healthy and unhealthy body images, self-care, and looking beyond their bodies to embrace their true beauty!

3. Bullying and Boundaries | Saturday, November 28, 10:00 am - 1:00 pm

The *Bullying and Boundaries* workshop is a unique look at bullying: what it is, different types of bullying, the effects of bullying, and who gets bullied. But, this workshop is also an exploration of self-worth, self-advocacy, and the importance of setting and maintaining personal boundaries. Girls will learn all about bullying and bully prevention and also strategies for confidently speaking up and speaking out for themselves!

Snacks and workbooks are included in all workshops. Please bring a lunch!

Fee: \$100.00 / workshop

Registration: Please contact The Wishing Star office

*Payment is due in full with registration. If your workshop has to be cancelled due to lack of registration, you will be refunded.



at The Wishing Star Lapointe Developmental Clinic
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Lindsay Sealey, B.A., M.A. Ed. is a teacher, life coach, mentor, educational strategist, and workshop facilitator who is passionate about positively influencing the lives of learners by focusing on academic success as well as personal growth. Lindsay has over 14 years of experience working with kids of all ages and at all skill levels as well as consulting with parents and educators in the community. She is dedicated to making a difference in the lives of young learners through her teaching and coaching, inspirational books, and empowerment workshops for young girls.



For more details, please visit our website: <http://www.lapointepsychology.com>