

# Workshops For Girls

## Ages 10 - 14 Years

Presented by

The Wishing Star Lapointe Developmental Clinic  
with **Lindsay Sealey, B.A., M.A. Ed.**



### 1. Pressure's On: stress and anxiety, school, friends and social media

October 25, 2014 10:00am - 1:30pm

*Pressure's On* is a workshop designed to navigate some of the pressures girls are experiencing today. These issues include: stress and anxiety, as well as management tools; the pressures of school: homework, grades, and fitting in; the pressures of friendships: making friends and keeping them; and the pressure of social media and keeping up! Girls will have the opportunity to share with other girls, participate in a variety of activities, and have time for reflective learning.

### 2. Perfectionism and Letting Go of "Perfect"

November 15, 2014 10:00am - 1:30pm

Girls today are taught to please, perform, and perfect. However, striving for "perfect" may increase anxiety and prevent girls from embracing self-acceptance, self-compassion, and self-love. The purpose of the *Perfectionism* workshop is to debunk the myths of perfectionism and explore what perfection is, the need to earn approval and acceptance, and the effects of being a perfectionist. The focus of this workshop is on letting go of perfectionism to allow girls to be free to discover their amazing uniqueness!

### 3. Tough Stuff: bullying, BFF's, and body image

November 29, 2014 10:00am - 1:30pm

*Tough Stuff* is a workshop of empowerment and addresses some core, tough issues that girls may be experiencing. These issues include: bullying – what it is, why it happens, and what to do about it; BFF's – why it's important to choose positive influences and have a variety of friendships; and body image – including body care and body confidence. This workshop consists of group lessons and discussions, creative activities, and time for reflective learning.

### 4. Gossip Girls

December 13, 2014 10:00am - 1:30pm

What is gossip? Why do we do it? How do we manage it? *Gossip Girls* is a workshop that looks at these very questions as well as practical strategies to deal with gossip and connect with others in positive ways. This workshop will look at what gossip is, why girls gossip, and how to stop gossip when it happens. The purpose of this interactive workshop is to raise awareness and educate girls about the harm and hurt of gossip and help them to understand that there really are healthy alternatives to gossip!

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



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 specialist, 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>