



The Wishing Star
Lapointe Developmental Clinic



2015

Workshops For Girls

Ages 10 - 14 Years

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

Girls today have growing concerns with: body image, peer pressure, perfectionism, anxiety, low self-esteem, and not knowing who they are! This workshop series is designed to empower young girls to: **know and accept themselves, acknowledge and take care of their needs, and be strong and confident in themselves!**

1. **Self-Kindness for Girls:** teaching girls to be kind, caring, loving, and gentle with themselves

Saturday, January 31, 10:00 am - 1:30 pm

The *Self-Kindness for Girls* workshop guides girls through topics including: the benefits of self-kindness, positive self talk, the growth mindset, learning from mistakes, self-worth, generosity, and obstacles to self-kindness.

2. **Self-Compassion for Girls:** teaching girls about self-compassion, personal growth, and connection

Saturday, February 28, 10:00 am - 1:30 pm

The purpose of the *Self-Compassion for Girls* workshop is to help girls navigate: the benefits of self-compassion, how to give themselves compassion, compassion for others, and self-compassion in terms of friends, personal growth, change and challenge, and learning. This workshop is designed to explore what self-compassion is and specific tools and strategies for generating self-compassion.

3. **Mindfulness for Girls:** teaching girls to be fully present, engaged, and attuned to themselves

Saturday, March 28, 10:00 am - 1:30 pm

This workshop focuses on encouraging girls to live in the *here and now*, and includes key mindfulness topics such as: the benefits of mindfulness, the brain and mindfulness, awareness of feelings and thoughts, mindful breathing, mindful sensing, and tips for how to be more mindful.

4. **Express Yourself:** teaching young girls the value and power of feelings

Saturday, April 25, 10:00 am - 1:30 pm

This workshop is geared towards exploring feelings including: slowing down to notice feelings, naming and accepting *all* feelings, exploring the reasons for these feelings, and then expressing feelings. We will also look at exaggerated feelings and what happens when feelings are ignored.

Snacks and workbooks are included in all workshops. Please bring a lunch. All workshops include discussion, activities, and time for reflection.



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>