

The Wishing Star in connection with **Bold New Girls** to present

RAISING BOLD NEW GIRLS WORKSHOP

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

The Wishing Star
Lapointe Developmental Clinic



& **Bold New Girls**

For parents, teachers, and caregivers of young girls

***Bold New Girls** is now offering an empowerment workshop - to educate and equip those raising and influencing young girls today with the relevant and necessary skills, tools, and strategies to nurture, support, encourage, and listen to the paramount concerns girls are experiencing today.*



Workshop topics explored include:

- What is a **Bold New Girl** & what research says
- Helping girls know who they are and exploring emotions
- Teaching self-discipline & self-regulation
- Media madness, mixed messages & nurturing a positive body image
- Moving from perfectionism to personal best
- Practicing mindfulness, self-care, & self-compassion

Saturday, January 30, 2016, 2:00 pm - 4:00 pm

\$25.00 / person and \$40.00 / couple

Registration: Please contact info@boldnewgirls.com or info@lapointepsychology.com

*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. has over 15 years of experience working alongside girls and their parents and caregivers to nurture and support change, growth, and personal best. Lindsay's unique skill set, experience, reflective practices, and on-going dedication to learning and professional development keep her interested, passionate, and committed to championing young girls.



For more details, please visit our website: www.lapointepsychology.com or www.boldnewgirls.com