

2016 JUNE

The Wishing Star in connection with Bold New Girls presents:

RAISING BOLD NEW GIRLS WORKSHOP

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

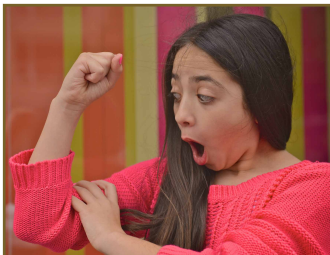
The Wishing Star
Lapointe Developmental Clinic



& Bold New Girls

For parents, teachers, and caregivers

Bold New Girls is offering an empowerment workshop for those wanting to positively shape young girls today. This workshop looks at the 3 essential cornerstones of nurturing and supporting girls' growth: **happiness, health, and confidence.**



Raising Bold New Girls

Empowering you to nurture and support young girls to feel happy, healthy, confident, and inspired

Created by: **Lindsay Sealey, B.A., M.A. Ed.**
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Happiness:

- What research says about our culture of "unhappiness"
- Faulty thinking and happiness traps
- Choosing and cultivating happiness

Health:

- What prevents girls from being healthy?
- Girls and social media, body image, mental health
- Exploring girls' total health: physical, social, emotional, and mental

Confidence:

- Competence and choice come first
- Nurturing talent and developing a skill set
- Determination, perseverance, resilience, and grit

Saturday, June 11, 2016, 2:00 pm - 4:00 pm

\$35.00 / person and \$50.00 / couple

Includes workshop materials and refreshments

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

Payment is due in full with registration. If the workshop is cancelled, refunds will be provided.



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