



2016 SPRING

The Wishing Star in connection with Bold New Girls to present

# Growing Up Strong Workshops for Girls

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

The Wishing Star  
Lapointe Developmental Clinic



& Bold New Girls

The Growing Up Strong Workshop Series offers girls, ages 9-13, the opportunity to explore the meaning of **strong** in terms of: girlhood, anxiety, social media, and perfectionism. Workshops are a fun combination of: learning tools and strategies, discussion and sharing, activities, and reflecting - workbooks and snacks are also included.

## #Like A Girl | Saturday, February 27, 10:00 am - 1:00 pm

When did doing something "like a girl" become an insult? This workshop is designed to explore what "like a girl" and girlhood means as girls grows into greatness. This workshop is all about championing girls and includes: a short empowerment yoga session with **Yoga It Up!** followed by self-exploration, discussion of "femaleness", positive affirmations, and goal setting towards personal best. "Like a girl" needs to become a phrase that means something amazing and powerful!

## Growing Up Strong in an Anxious World | Saturday, March 26, 10:00 am - 1:00 pm

Girls today live in an anxious world – girls can feel over-stimulated, over exposed, and, oftentimes, overwhelmed by everything! It makes perfect sense why girls feel anxious – there seems to be a lot to worry about! This workshop has been designed to explore anxiety: learning to pay attention to your body, focusing on breathing and relaxation techniques, asking questions of curiosity and interest, challenging "worry thoughts", and using tools to manage anxiety for inner strength!

## Media Madness and Mixed Messages | Saturday, April 30, 10:00 am - 1:00 pm

Social media – Pinterest, Instagram, Facebook, and Twitter – is all around us. Girls today are bombarded with images and messages 24/7. There is no break from social media and although it may help girls to feel connected, engaged, and informed, it can also contribute to feeling anxious and "not good enough". This workshop looks at all aspects of media: the benefits, the drawbacks, time limitations and healthy boundaries, understanding how media affects girls, and what they can do to stand strong in all this media madness!

## The 3 P's: Pleasing, Performing and Perfecting | Saturday, May 28, 10:00 am - 1:00 pm

There is no doubt about it: girls have social pressures to please people, perform for people, and try to perfect all they do to be all things to all people! The 3 P's workshop looks at each at the 3 P's together and separately - what they are and the why they exist. The workshop focuses on ideas for: developing a strong self, social awareness, learning curiosity and compassion, letting go of the need to be "perfect" and the "disease to please", and learning to develop their authentic selves to make meaningful and positive social connections.

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.



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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>