

2017 SPRING

The Wishing Star, in connection with Bold New Girls, presents:

Girl Empowerment Workshops

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

The Wishing Star
Lapointe Developmental Clinic



& Bold New Girls



For girls ages 9 – 14 years old

Girls today can feel uncertain, insecure, and afraid of all the pressures and changes that accompany girlhood. How do we help them build up resilience, security, and a clear sense of self? We teach them how to be strong!

Bullies, Boundaries, and Being Brave | Saturday, February 25, 10:00am-1:00pm

The *Bullies, Boundaries, and Being Brave* workshop aims to help girls understand what bullying is and how to stand up against bullies. Also, this workshop will explore boundary setting and how to set and stick to clear and healthy boundaries and how to begin to be brave, one small step at a time.

The Pressure to be Pretty | Saturday, March 25, 10:00am-1:00pm

The pressure to be pretty is a real one and we need to teach girls that they are so much more than their looks. *The Pressure to be Pretty* workshop will look at social and cultural pressures that focus *only* on girls' looks as well as the influence of social media and the Internet. Also included is a focus on body image and how to practice body love and how to resist the temptation of online approval with "likes". Girls will learn to explore who they are beyond "pretty".

Tangled | Saturday, April 22, 10:00am-1:00pm

Tangled is a workshop designed to look at some of the more complicated issues facing young girls today including: social media, screens, peer pressure, friendships, and girl drama. Girls will have the chance to explore what the issues are and also the skills to navigate these concerns with confidence and inner strength. Girls will come away with the knowledge and tools for "untangling" themselves when life gets complicated.

Fee: \$100.00 / participant

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.
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 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>