

2018 Summer

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

Growing Strong Girls Workshops

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

The Wishing Star
Lapointe Developmental Clinic



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Bold New Girls

For girls ages 9 - 13 years old

Girlhood can be challenging and confusing. How can we help girls to feel strong, confident, and secure? By guiding them to be their very best: **brave, confident, healthy, social media savvy, and smart.**

These workshops are designed to be fun, interactive & multi-sensory, empowering, and practical - with take away tools girls need to grow strong.

Be Brave: Tuesday, July 24, 1:30pm-3:00pm / Friday, August 10, 12:30pm-2:00pm

- ♦ What does it mean to be brave? ♦ Why is it difficult to show bravery? ♦ What gets in the way of bravery: fear and perfectionism
- ♦ Risk taking as the necessary ingredient for being brave ♦ Brave ideas

Be Confident: Friday, July 27, 10:30am-12:00pm / Tuesday, August 14, 1:30pm-3:00pm

- ♦ Why confidence matters ♦ Where does confidence go as we grow? ♦ Confident vs conceit - what's the difference? ♦ Feeling Confident
- ♦ Showing confidence: the language and body language of confidence ♦ Positive power statements and poses

Be a Healthy Friend: Saturday, May 26, 10:30am-12:00pm / Friday, August 3, 12:30-2:00pm

- ♦ Healthy vs unhealthy friendships ♦ Mean girls, bullies, and the masks girls wear ♦ Positive ways of connecting ♦ Setting and keeping boundaries
- ♦ Working through conflict and learning to let go ♦ Stronger together ideas

Be Social Media Savvy: Saturday, June 16, 10:30am-12:00pm / Tuesday, August 7, 1:30pm-3pm

- ♦ How does the media shape and influence you? ♦ Why girls love social media ♦ The traps and triggers of social media
- ♦ Navigating online carefully and safely ♦ Ideas for balance: from FaceTime to Real Time

Be Smart: Friday, August 17, 12:30pm-2:00pm / Tuesday, August 21, 1:30pm-3:00pm

- ♦ All different kinds of smart ♦ Exploring the growth mindset ♦ The daily habits of smart girls ♦ Thinking smart, being smart - in school and in life
- ♦ Getting ready for back to school and smart ideas

Fee: \$50.00 plus GST / Workshop or \$200.00 plus GST / 5 Workshops

Registration: Please contact The Wishing Star office

*Payment is due in full with registration. Refunds will be offered if the workshop is cancelled.



at **The Wishing Star Lapointe Developmental Clinic**

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Lindsay Sealey, BA, MA Ed. is an educator, life coach, mentor, and girl champion. Lindsay is the author of *Growing Strong Girls: Practical Tools to Cultivate Connection in the Preteen Years* as well as a passionate speaker and workshop facilitator. Lindsay has over 15 years experience working with girls of all abilities and skill levels and consulting with parents and girl supporters.

For more details, please visit either website: www.LapointePsychology.com or www.BoldNewGirls.com