



Girls Leadership Institute Fall Opportunities

Want to empower your daughter to make real friends, communicate honestly and directly, and be her real self? The Girls Leadership Institute will introduce her to the critical skills she needs to speak and listen with courage, improve parent–daughter communication patterns, and establish strong habits for her to take into her friendships. She'll receive personal attention in these small groups and will take home great memories and life–changing skills.

Attending a workshop at a school other than your own allows for more open sharing, so you're encouraged to attend any in the Los Altos School District.

Real Parents, Real Daughters	Club Real Girl
A four week workshop series for girls and a parent.	An after–school program for girls in grades five and six.
<p>These workshops allow parents and daughters to laugh and learn about themselves in a safe environment. It's also where they can start practicing emotional intelligence, healthy communication and productive conflict resolution skills. Each workshop is two hours long, once a week, for four consecutive weeks.</p> <p>Week One: Assertive Self–Expression Week Two: Emotional Intelligence Week Three: Owing Our Mistakes Week Four: Healthy Approaches to Conflict</p> <p>Each workshop includes fun games, new skills, skill practice and homework to do together for the next workshop!</p>	<p>At Club Real Girl girls come together to create a socially safe community where they can be themselves, learn empowering relationship skills, practice letting go of judgment of themselves and others and have a blast.</p> <p>Taught by professional educators Simone Marean and Julia Loonin, Club Real Girl is a unique resource to guide girls through elementary school with grace, courage and authenticity.</p> <p>Each session includes fun theatre games, emotional intelligence practice, new healthy relationship skills, personal expression, group sharing, crafts and games.</p>
\$150 for four weeks for girl and one parent	\$275/semester per girl

<ul style="list-style-type: none"> • Grades 2 – 3, Tuesdays, Sept 1, 8, 15, 22, 2009, Santa Rita School. <u>Two spots left.</u> • Grades 4 – 6, Wednesdays, Sept 2, 9, 16, 23, 2009, Santa Rita School. <u>Six spots left</u> • Grades 4 – 6, Wednesdays, October 7, 14, 21, 28, 2009, Almond School • Grades 2 – 3, Tuesdays, November 3, 10, 17, December 1, 2009, Loyola School • Above Workshops start at 6pm. 	<p>Place: Multi-Purpose Room, Santa Rita School, Los Altos, CA</p> <p>Time: Tuesdays 3:15om – 4:45pm</p> <p>Semester I: Tues Sept 15 – Tues Jan 12</p> <p>Semester II: Tues Jan 26 – Tues May 25</p>
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To register, call 410-878-2258 or register online at:

<http://www.girlsleadershipinstitute.org/programs/los-altos-programs>

What do girls say?

"I would definitely recommend this workshop. It is really fun and a life changing experience." – 2008 participant, 4th grade

"Because of this workshop I will now be able to talk to my friends about a problem that I have with them." – 2008 participant, 6th grade

"I want to go back again! I learned new things that I didn't know before about girls." – 2008 participant, 4th grade

"I liked it because I got to hear what girls had to say. It helped me improve my friendships with girls." – 2008 participant, 5th grade

"I think that there should be more weeks of the workshop. It is so much fun." – 2008 participant 4th grade

"I wish this program wouldn't end." – 2009 participant, 2nd grade

"It was a little funny at first, but after a while it felt good." – 2009 participant , 3rd grade

What do parents say?

"This is an essential workshop for parents and daughters." – Parent, Fall 2008

"I now have the building blocks and a foundation of communication for both my daughter and I and her and her friends. Very valuable!" – Parent, Fall 2008

"I can't find the words to adequately describe my gratitude to you for the Mother/Daughter Retreat. Your workshop is a gift to the mothers and daughters who attend. The skills we learned from you are invaluable and will be the key to defusing contentious moments in the future.

"The workshop was the perfect blend of important concepts and hands-on work, mixed with humor and fun. Your feedback after our last dialogues were presented was so valuable. It was honest, precise and insightful. The exercise was the perfect way to crystallize all of the work we had done over the weekend." - Parent, Fall 2007

Questions? Call us at 410-878-2258, or email us at simone@girlsleadership.org. Or email Covington parent Virginie Forget at vforget66@comcast.net. We hope to see you soon!