



## Topics

The Girls Empowerment Mastery Sessions is a full-day workshop for girls only, ages 9-18. Girls learn:

- How to develop self-worth
- How to identify healthy vs. toxic friendships
- Power posing techniques to increase assertiveness/confidence
- How to become less stress reactive
- How to manage negative peer pressure effectively before entering middle school

They also learn:

- Resiliency skills in order to cope better with stress, fear, anxiety, or loss
- How to use and take advantage of technology as a tool, not as a distraction/addiction
- How to maximize focus
- Communication and goal setting skills

In addition to The GEMS, we offer [Preparing for a Bright Future: Teen Workshop](#), a full-day workshop for youth, ages 13-18.



## Join Our Mailing List

Sign up to receive updates on events, workshops and other services!