



**Girls Leadership Institute
4/5 Parent & Daughter Series:
Say How You Feel. Ask for What You Need
Glen Rock Community School
January/February 2015**

Participate in a fun, engaging workshop, where you and your daughter will build a common language, practice healthy approaches to conflict, and learn authentic communication skills.

For over ten years, the national non profit organization, Girls Leadership Institute (GLI), has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons and educator, Simone Marean, GLI believes that leadership is a way of life, which begins in girlhood.

We define leadership as a girl's ability to know how she feels, say what she needs, and respond courageously to her mistakes. Girls graduate from our programs more emotionally intelligent, resilient, and confident. They communicate assertively and apply healthier boundaries to their relationships.

Each workshop is 90 minutes long, once a week, for four consecutive weeks.

Program Curriculum

- Week 1 – Friendships & Setting Boundaries
- Week 2 – Recipe for a True Friendship
- Week 3 – Using Your True Friend Voice
- Week 4 – Friend Vacation & Friend Break-Up

Who

Girls in grades Fourth and Fifth with one adult
Open to the public and limited to the first 15-adult/girl pairs.

When

Thursdays: January 29th, February 5th, 12th and 19th, 2015
6:00-7:30pm

Where

Glen Rock High School
400 Hamilton Ave
Glen Rock, NJ 07452

Cost

\$215 per adult/girl pair
Scholarships are available. Visit www.girlsleadershipinstitute.org/scholarships for details.

Registration

www.girlsleadershipinstitute.org/programs/new-jersey

Questions

Contact Cathleen Cronin at 908.334.3209 or Cathleen@girlsleadership.org

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