

# GIRLS LEADERSHIP

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## 4/5 PARENT & DAUGHTER SERIES:

### 4 STEPS TO GETTING WHAT YOU NEED

Far Hills Country Day School | February 2020



MY DAUGHTER WORKED OUT A CONFLICT WITH A GOOD FRIEND OF HERS BY USING THE SKILLS SHE LEARNED. – NORMA

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

Since 1999, the national non-profit organization, Girls Leadership, has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons, Girls Leadership 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.

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Girls Leadership's Girl & Grown-up Workshop *4 Steps to Getting What You Need* provides an opportunity for girls and their significant role models to practice using the skills of assertive self-expression through activities, discussion, and paired scenarios. Each workshop is 90 minutes.

#### PROGRAM CURRICULUM

Week 1 – Assertive Self Expression

Week 2 – Emotional Intelligence at Home

Week 3 – Owing Our Mistakes

Week 4 – Road Map for Conflict

**WHO** Girls in fourth & fifth grades with one adult

**WHEN** Wednesdays, February 5th, 12th, 19th, & 26th, 2020, 6:30pm - 8:00pm

**WHERE** Far Hills Country Day School, 697 US-202, Far Hills, NJ

**COST** \$230 per adult/girl pair  
Scholarships are available. Visit [girlsleadership.org/scholarships](https://girlsleadership.org/scholarships) for details.

**REGISTRATION** <https://girlsleadership.org/programs/farhills45/>

**QUESTIONS** Contact Susan Ruzala at [sruszala@girlsleadership.org](mailto:sruszala@girlsleadership.org)

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