

GIRLS LEADERSHIP

GIRLSLEADERSHIP.ORG

K/1 PARENT & DAUGHTER SERIES:

TOOLS FOR SUNNY & CLOUDY DAYS WITH FRIENDS

Far Hills Country Day School | January 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.

It's never too early to start to learn and practice social-emotional intelligence skills. Parents and daughters will bond and explore healthy relationships through exciting interactive games and engaging stories. Girls and grown-ups will build the foundation of a common language to advocate for themselves and understand true friendship behaviors.

Program Summary:

Week One: Friendship Toolbox

Week Two: Sharing Feelings & Body Language

Week Three: Mistakes, We All Make 'Em

Week Four: Courageous Relationships

- WHO** Girls in kindergarten & first grades with one adult
- WHEN** Wednesdays, January 8th, 15th, 22nd, & 29th, 2020, 6:00pm - 7:00pm
- WHERE** Far Hills Country Day School, 697 US-202, Far Hills, NJ
- COST** \$200 per adult/girl pair
Scholarships are available. Visit girlsleadership.org/scholarships for details.
- REGISTRATION** <https://girlsleadership.org/programs/farhillsk1/>
- QUESTIONS** Contact Susan Ruzala at sruszala@girlsleadership.org
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