

# Girls Leadership Program

## for Middle School Girls (Incoming 7th-9th Graders)

Do you want your daughter to be a leader next school year?

Sign her up and **EMPOWER** her to be one today!

**Monday, July 15<sup>th</sup> to Friday, July 19<sup>th</sup> 2019**  
**from 9 AM-12 PM**

Space generously donated by  
Big Brothers Big Sisters of Bucks County in Jamison, PA

**Facilitated by: Dawn H. Haaz, Psy.D., Licensed Psychologist  
& Samantha Trachtman, M.Ed., N.C.C.**

**Cost: \$250 (Limited Financial-Based Scholarships Available)**

### Girls will:

- Learn the qualities of an effective leader
- Assess their own strengths and weaknesses as a leader
- Develop effective communication skills
- Learn the importance of self-care for leaders and how to set healthy boundaries
- Develop healthy decision-making skills
- Learn stress & time management skills
- Boost self-confidence
- Engage in a community service project
- Become **EMPOWERED** to be an effective leader in sports, clubs, youth group, and among their peers!



**Girls Empowered**

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**EMPOWERED:**

**Possessing the knowledge, skills, confidence, and resources to stand up for oneself, make positive choices, and be in control of one's future.™**