

## Leadership for Ladies...

*is a powerful, interactive, one day training designed specifically for teens. The theme of leadership is woven into activities and discussions to strengthen the skills young ladies have, and to help them to develop into women of character within their school and community.*

*The training will enhance their leadership potential by guiding them to make responsible decisions, helping them to apply social skills in a variety of settings, and is intended to help them discover their talents and foster self-esteem.*



## Structure of Our Day...

*includes time for instruction, experiential activities, and interaction among small groups. The participants will explore their strengths, identify their talents and discuss how to transition them in their life.*

## Our Focus...

### Building Meaningful Relationships

*With the introduction of "relational leadership," participants begin to understand that leadership really is all about getting along with others. They will chart, discover and capitalize on their unique behavioral strengths. This awareness provides a platform to break down barriers, reduce conflicts and foster meaningful relationships and connections by adapting to the needs of others.*

### Wellness and Self-esteem

*There is a significant relationship between self-esteem and general health behavior for both younger and older adolescents. Discussions will be centered on making "healthy choices," and helping participants recognize their inherent value and self worth by naming the positive qualities they bring to the various arenas of their lives.*

### Goal Setting

*Participants will go through a session that will provide them with an actual strategy on how to set and achieve their goals. CORE TRAINING'S methodology teaches them how to identify their goals, formulate an action plan and measure their progress.*



### Respecting Diversity

*The training emphasizes that it is essential that ladies learn to respect individual differences, and value the strengths that differences provide a group. Experiential activities demonstrate the value of diversity and promote the concept of acceptance.*