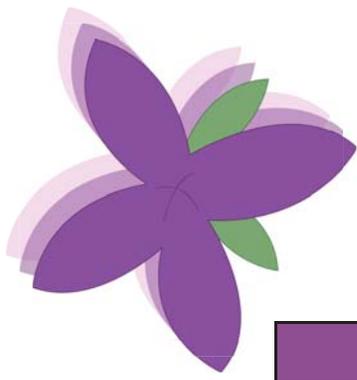


Course Objectives

Course	Objectives: Participants will be able to...
Who, Me, a Leader?	<ul style="list-style-type: none"> • Explain what leadership is and is not. • Explain what Emotional Intelligence (EQ) is and how it relates to leadership. • Effectively describe their leadership/personality style (DiSC Profile).
Discover Your Strengths	<ul style="list-style-type: none"> • Identify their strengths and clearly communicate them. • Identify their weaknesses and clearly communicate them. • Identify three strategies for further developing and applying their strengths to: academics, extracurricular activities, and friendships.
Stronger Together	<ul style="list-style-type: none"> • Understand that different personality styles are not bad—just different. • Adjust their behavior appropriately to be more effective when working with different leadership/personality styles. • Value the different personalities, strengths, and gifts others bring to the table.
Truth About Beauty	<ul style="list-style-type: none"> • Critically examine the images of women presented by the media. • Name three things they love about themselves. • Understand what their clothing communicates and be able to thoughtfully put together context-appropriate outfits.
Beyond Words	<ul style="list-style-type: none"> • Identify the “4 Listening Traps” and which one they fall into most often. • Explain the three main practices of good listeners. • Handle disagreements/fights in a productive way. • Understand the power of nonverbal communication.



Course Objectives

Course	Objectives: Participants will be able to...
REAL Friends	<ul style="list-style-type: none"> • Explain the REAL friend principles. • Understand the importance of choosing their friends wisely. • Evaluate their relationships with their friends. • Put the REAL friend behaviors into action.
REAL Relationships	<ul style="list-style-type: none"> • Articulate the characteristics they want in a partner—beyond good looks. • Understand a relationship between a man and a woman should be built on love and respect. • Understand their identity is not based on the person they are dating.
Mentoring Matters	<ul style="list-style-type: none"> • Act as positive role models for younger girls. • Identify a mentor/role model they would like to learn from and create a plan to approach them.
Values & You	<ul style="list-style-type: none"> • Explain what values are. • Identify their top 5 personal values. • Articulate what those values look like in action.
Difficult Decisions	<ul style="list-style-type: none"> • Critically reflect on how they naturally tend to make decisions. • Use a thoughtful decision making process for tough decisions.
Visioneering	<ul style="list-style-type: none"> • Understand the key aspects of an effective vision. • Define success as achieving their personal best. • Articulate a clear vision for their lives.

Course Objectives

Course	Objectives: Participants will be able to...
Set and Get Your Goals	<ul style="list-style-type: none"> • Understand the importance of routinely setting goals for themselves. • Set SMART goals that align with their vision and values.
Value Your Time	<ul style="list-style-type: none"> • Identify their "big rocks." • Distinguish between "urgent" vs "not urgent" and "important" vs "not important" tasks.
The Big Picture	<ul style="list-style-type: none"> • Articulate who they are including their: Strengths, DiSC/Leadership Style, Values, Vision, Beauty Mantra, It-List, etc.
...And Action!	<ul style="list-style-type: none"> • Create action plans for achieving their biggest goals. • Identify how to continue developing their leadership abilities.
Giving Thanks	<ul style="list-style-type: none"> • Articulate what they are personally grateful for. • Understand the importance of celebrating and thanking others for their contributions.

Overall Program Objectives: Participants will...

- See themselves as leaders.
- Be confident in who they are.
- Believe they can achieve their goals.
- Feel empowered to express their ideas and opinions.
- Be motivated to perform their best at school and participate in extracurricular activities that align with their strengths.