

Flourish

"...this was one of my favorite leadership trainings ever!"
 ~Mara, 11th Grade



"This program helped me develop inner confidence & learn how I can influence others and the world. I feel empowered with a clear vision and values for myself."
 ~Sofiya, 10th Grade

"Ms. Val is so positive & informative and a genuinely kind person. The program really covers everything you need to know to be an effective leader."
 ~Sophie, 11th Grade

Students who go through our Flourish program are:

- 67% more able to effectively describe their leadership/personality style.
- over 40% more confident expressing their ideas & opinions
- 31% less likely to engage in negative self-talk
- over 30% more confident
- over 30% more likely to self-identify as leaders



A leadership training and confidence building program for high school girls, Flourish is one of the best investments you can make in your daughter's future.

When: 6 Sessions: 9:00am—2:30pm
 10/3, 10/16, 10/31, 11/13, 11/28, 12/12

Who: Girls Only: 10th – 12th grade

Where: Allegheny Intermediate Unit

Cost: 75 Registration Fee + 140 Lab Fee

Included:

- DiSC Profile & StrengthsQuest (an \$85 value)
- 30+ hours of training & development
- Flourish Deluxe Workbook (102 pages)

Register: <http://apprenticeships.aiu3.net/programs/56>

?s: Valerie Faust: vfaust@blossomandflourish.org

TOPICS

LEADERSHIP DEFINED DISCOVER YOUR STRENGTHS STRONGER TOGETHER	VALUES AND YOU DIFFICULT DECISIONS
TRUTH ABOUT BEAUTY BEYOND WORDS	VISION & GOAL SETTING TIME MANAGEMENT
REAL FRIENDS & RELN MENTORING MATTERS	THE BIG PICTURE ...AND ACTION!

An official AIU Apprenticeship. Visit www.blossomandflourish.org for more info.