



Mentorship Program



Leadership Retreats



Community Partnerships

inspiHER

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Gallia 2023

The inspiHER Girls Leadership Foundation is a non-profit organization dedicated to inspiring young girls to dream big, believe in themselves, and to become confident leaders in their schools and communities.

Our mission is to connect with girls during the critical ages of 9-14 when confidence levels begin to decline and social pressures begin to increase and provide each girl with skills, resources, and tools needed to overcome these challenges and become confident leaders that grow and thrive in today's world.

Interactive workshops and retreats focusing on five core areas:

- ✓ **Leadership**
- ✓ **Confidence**
- ✓ **Resilience**
- ✓ **Self-Care**
- ✓ **Community Service**

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Girls Leadership Retreat

Save the Date

Retreat Components include:

- Tiered leadership and self-esteem curriculum for girls in grades 5-8
- Interactive workshops delivered by local leaders and community agencies
- Mentorship program for high school junior and senior girls as well as college-aged females
- Community Service Projects focusing on promoting literacy in the community
- Optional Parent Sessions available during the retreat

Interactive Sessions will include themes such as:

- Confidence building, self-esteem, and self-acceptance
- Healthy relationships, stress management, and positive lifestyles
- Time management, organizational skills, and finding your strengths
- Self-defense, cyber safety, and digital responsibility
- Goal setting, self-advocacy, and community service

Saturday, March 18, 2023

8:00am - 3:30pm

University of Rio Grande's Lyne Center
441 East College Street, Rio Grande, Ohio 45674

**Designed specifically for
girls in grades 5-8**

Registration Fee: \$25

*Registration is limited

*Scholarships are available

*Registration
opens
February 1, 2023*

**Interested in learning more or
supporting the mission of inspiHER?**

Please visit our website at

inspiHERfoundation.com

or email us inspiHERfoundation@gmail.com