



Mentorship Program



Leadership Retreats



Community Partnerships

inspiHER

dream. define. do.

Fairfield 2023

The inspiHER Girls Leadership Foundation is a non-profit organization founded in 2018 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 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

Saturday, April 22, 2023

9:00am - 4:00pm

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
3/1/2023*

Interested in learning more?

Please visit our website at

inspiHERfoundation.com

or email us inspiHERfoundation@gmail.com

Retreat Components include:

- Tiered leadership and self-esteem curriculum for girls in grades 5-8
- Interactive workshops delivered by trained professionals and community agencies
- Mentorship program opportunities at our retreat for high school junior and senior girls
- 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