



**Girls Leadership Institute  
4/5 Parent & Daughter Series:  
Navigating Challenging Friendships  
Glen Rock Community School  
April/May 2015**

***Participate in a fun, engaging workshop, where you and your daughter will build a common language, practice healthy approaches to conflict, and learn authentic communication skills.***

For over ten years, the national non profit organization, Girls Leadership Institute (GLI), has awakened thousands of girls to a new, bold definition of leadership. Co-founded by bestselling author, Rachel Simmons and educator, Simone Marean, GLI believes that leadership is a way of life, which begins in girlhood.

We define leadership as a girl's ability to know how she feels, say what she needs, and respond courageously to her mistakes. Girls graduate from our programs more emotionally intelligent, resilient, and confident. They communicate assertively and apply healthier boundaries to their relationships.

Each workshop is 90 minutes long, once a week, for four consecutive weeks.

**Program Curriculum**

- Week 1 – Friendships & Setting Boundaries
- Week 2 – Recipe for a True Friendship
- Week 3 – Using Your True Friend Voice
- Week 4 – Friend Vacation & Friend Break-Up

**Who**

Girls in grades Fourth and Fifth with one adult  
***Open to the public and limited to the first 15-adult/girl pairs.***

**When**

Thursdays: April 23, 30, May 7 and 14, 2015  
6:00-7:30pm

**Where**

Glen Rock High School  
400 Hamilton Ave  
Glen Rock, NJ 07452

**Cost**

\$215 per adult/girl pair  
***Scholarships are available. Visit [www.girlsleadershipinstitute.org/scholarships](http://www.girlsleadershipinstitute.org/scholarships) for details.***

**Registration**

<http://girlsleadership.org/programs/parent-daughter-series-part-ii-navigating-challenging-friendships-6/>

**Questions**

Contact Cathleen Cronin at 908.334.3209 or [Cathleen@girlsleadership.org](mailto:Cathleen@girlsleadership.org)

GIRLS  
LEADERSHIP  
INSTITUTE

