

One Girl Inspired AGENDA



8 - 8:30am **Arrival/Registration**

8:30 - 9am **Welcome Message & Introduction**

Lead Facilitator to welcome everyone/introduce workshop. Icebreaker activities to follow.

9am **Be Media Smart**

We live in a world where advertisements, magazines, social media and television impact how girls think, feel and act. Therefore, making girls more susceptible than ever before to low self-esteem. The girls will assess various images and videos to learn how the media tricks the eye into believing this idealized image of beauty and as a result, be able to discuss what hidden messages these ads are trying to send.

As if traditional media wasn't enough, since when do girls determine self-worth from Instagram likes? Apparently now! To tackle this latest trend in media pressure, the girls will discuss the significance social media has on their self-esteem and learn to uncover their own unique version of beauty. As girls are stronger when they stand together, participants will also be able to create their own message to share with girls around the world.

9:30am **Careful Consumer**

Just because it's pink does it mean it's just for girls? This fun workshop looks at products targeted at girl consumers and its impact on our self-worth and self-esteem. What does being a good human being really cost?

10am **Snack & Energy Break!**

10:15am **Celebrating Every Body**

Girls come in all shapes and sizes. We are all different and unique in our own way, and that's what makes us beautiful. Just like snowflakes, no two girls are the same. In this workshop we look at what makes each of us unique and how important it is to celebrate all the physical characteristics, intellectual gifts, talents and personality traits about ourselves that make us strong and confident girls!

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10:45am

Just Be YOU!

In a world where you can be anything, always BE YOURSELF! In this workshop we look at decision making such as, what makes us follow others, or listen to others opinions about us or other people. Girls will learn that it's always okay to be the only one standing – whether it's standing up for someone else, standing up for yourself, or just standing for girls everywhere.

11:15am

Can-do Girl

At One Girl we believe that all girls are born leaders and ready to make the world a better place. During this workshop girls will explore and discover the gifts and talents they feel they have been given to help others.

We will also discuss the problems and issues they see around them, whether it is at home, in their neighbourhood, at their school or a global issue that they feel they can use their gifts, talents, skills or abilities to make a positive impact!

11:45am

One Girl Reflection

During this time each of the girls will have the opportunity to reflect on their day together and share their thoughts, favourite moments, and how they will use their gifts and inspiration from the day to make their mark on the world around them!

Each girl will also receive a One Girl Inspired Certificate celebrating them as strong, passionate and confident young ladies who can do anything they dream of.

12pm

Pick Up Time