

# GIRL POWER

## 1 DAY WORKSHOP

### Join us

Our Girl Power workshop aims to support girls to celebrate their individuality and identify their unique strengths.

Through fun activities, we guide them in how to identify and develop positive relationships and navigate friendship challenges. The girls are taught practical means to help them sleep better, handle anxiety and overwhelm, and negotiate their emotions in real-time, by understanding a growth mindset to become more resilient.

Girls come away from a Girl Power workshop knowing themselves better, understanding the power they have over their own lives, and with increased social awareness.

### WHILE HAVING FUN THE GIRLS WILL LEARN ABOUT

- Identifying their unique strengths and celebrating our individuality
- Unpacking the elements of a healthy friendship
- Learning tools to manage social challenges
- How to set clearer boundaries and stand up for themselves
- Engaging in mindfulness activities
- Expressing gratitude



### Contact us

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Western Australian



Centre for  
Perinatal Mental Health  
& Parenting Support

### Book now



### Details

Date: Wednesday 3rd July

Time: 9.30am - 1pm

Cost: \$50 single (you can bring a friend for \$25)

Where: Lotteries House Meeting Room

2232c Albany Hwy GOSNELLS)

For Girls aged 9-12

### FACILITATOR - KARLI

Karli is a counsellor with a deep interest in and empathy for people. She enjoys helping her clients develop insights into their own behaviours, emotions and thoughts before working together to find strategies that help them live a calmer and more authentic way. Karli particularly enjoys working on issues around self-esteem, emotional wellbeing, assertiveness and supporting overworked mums. When she is not buried in a book, she loves a good art gallery or museum, comedy and going to the beach.

Qualifications: Master of Counselling, Bachelor of Teaching, Bachelor of Arts