

Peaceful Warrior Woman

Girl's Empowerment Workshops



Strong. Confident. Safe.

This is the perfect program for girls 7-12 years of age to increase confidence, awareness and inner power.

Attendees will learn simple and effective techniques to keep them safe, and if needed, to get away from a potential bad guy.

The difference in their demeanor from the start to the end of the workshop is always amazing!

Tips to help young girls become powerful:

1. Encourage assertiveness;
2. Let her have a voice and identify her values;
3. Help her learn to face challenges on her own;
4. Compliment her on her accomplishments and personality, not the way she looks;
5. Limit her exposure to social media and pop culture;
6. Work with her consistently on self-worth.



Pricing:

Private Workshops for youth groups, clubs and team-building activities. The session is 1-hour in length. A minimum of 10 registrants is necessary. \$29 per registrant. A \$290 deposit is required. Please inquire to schedule your event.