

## Girls Empowerment Program

Girls Empowerment Program was established in September 2020, as an initiative, geared towards taking a proactive approach to celebrate, encourage, and motivate young and gifted girls for their achievements.

We seek to enhance the development of young girls and provide a forum to produce well rounded young women. Our mission is to promote good self-esteem especially in at-risk and disadvantaged girls, provide an environment to inspire and empower girls to make better life decisions and educate girls on issues which affect their social, emotional, spiritual, and physical well-being.

GREAT Empowerment Program consists of professionals, and experienced mentors who are passionate about making a difference. The coordinators, advisors, mentors, and volunteers meet to exchange information, discuss challenges, discuss success stories, and suggest improvements and ways to promote through the program.

GREAT Mentorship is designed to enhance the development of young girls and provide a forum to expose them to benefits and importance of positive self-image, responsible conduct and respect for self and others. These skills will impact and empower young ladies to become better versions of themselves.

“Greatness is sowing seeds of Greatness into others” . . . .

That’s My Mission!

*Alfredia Lee*

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The GREAT Coach



@Alfredia Lee

# Greater Minds, Inc.

## OUR GREAT MENTORSHIP EMPOWERMENT PROGRAM



## SELF-ESTEEM

Will help the learner to understand the importance of healthy self-esteem, and ways to improve their self-esteem.

## SELF-ADVOCACY

Students will understand the concept of self-advocacy, identify the issues, and describe ways to advocate for themselves.

## CONFLICT RESOLUTION

Students will learn productive ways to handle conflict. Effective conflict resolution can increase people's understanding of one another and increase both their self-awareness and empathy.

## SELF-RESPECT/CARE

Students will learn ways to show respect for peers and themselves.

## SOCIAL MEDIA

Students will be able to tell what social media is, explain uses of social media and create & discuss pros and cons of specific social media formats.

## MONEY MATTERS

Students will learn about money and the factors that determine its value. Students will find specific ways to manage their money, accounts, banking, deposits, withdrawals, and interest. They also see how consumers and producers interact, incentives for spending and saving money, and how specialization can increase income.

## \*SOCIAL GRACES

How to enter a building, shake hands, and sit in social settings.

- Public Speaking
- Manners
- Please, thank you, eye contact



*\*Social Graces will be covered at the end of each session as an ongoing topic.*

## GREATER MENTORSHIP

**GREAT MENTORSHIP** is designed to enhance the development of young girls and provide a forum to expose them to the benefits and importance of positive self-image, responsible conduct and respect for self & others; thus, empowering them to become better versions of themselves.

## Programmatic Goals

### Educational Enrichment:

College Readiness, Career Exposure and Leadership Development

### One-on-One Mentoring:

Provide Positive Role Models, and Building Adult Communication Skills and Fostering Community Relationships

### Program Details:

*September - May*

*Each Lesson is a 6 Week Session*

*4 Days a Week – 2 Hours a Day*

*\$60 Per Hour*

