

changing
the
culture

because
girls deserve
a better
world

HARDINESS ZONES
are places where girls are safe and feel in control of their worlds. They allow girls to live healthier lives with less violence, alienation, and substance abuse. They provide girls with the tools to understand cultural and media messages and to connect to caring adults and communities that support who they really are.

Spend two days mastering an effective strength-based approach to working with girls and how to incorporate techniques informed by the latest research on girls' health and development into the work you're already doing!



p.o. box 821
waterville, me
04903-0821

"This training provided an excellent framework to base my ongoing action projects with youth. I am especially eager to use the muse model to guide and unleash the inner strengths of each girl I work with. - Training Participant"

Upcoming Training: April 27th & 28th, 2010 at Simmons College in Boston, MA

FOR MORE INFORMATION:

Contact Ruya Norton, Office Manager
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www.hghw.org info@hghw.org

TO REGISTER ONLINE:

www.hghw.org/training.php

a strength-based approach
to working with girls

Cultivating
Hardiness
Zones &
Becoming a
Muse

with Lyn Mikel Brown, Ed.D
Anne Brennan Belden, MS
& Lael Couper Jepson, MS

March 15th & 16th, 2010
Pharmacy Building
University of New England
Portland, ME

Why A Strength-Based Approach?

Tune into the latest 'reality' show, take a stroll down the aisles at a girls' clothing store, or pick up the latest edition of a teen magazine and you'll get a taste of what girls are up against every day. From "wink, wink" and "eye candy" slogans emblazoned across Abercrombie & Fitch thongs to Bratz party planes complete with juice bars, the messages girls get about their bodies, sexuality, and about each other are at best harmful and degrading.

We know that girls aren't the problem and that programs designed only to raise girls' self-esteem, or in some way fix girls aren't sustainable solutions to the cultural dilemmas girls face daily. Hardy Girls is designing programs and trainings that support girls as they become critical thinkers as they work together to create a better world for one another.

"This training provided me with specific ways to be in relationships with girls that support them as they develop a sense of their own power..."

Workshop Leaders

Dr. Lyn Mikel Brown, Ed.D. is a co-creator of Hardy Girls Healthy Women. She is also a Professor of Education at Colby College in Waterville, Maine. She received her Ed.D. from Harvard University's Graduate School of Education, and was a founding member of the Harvard Project on Women's Psychology and Girls' Development. She is the author of four books on girls' social and psychological development.

Anne Belden, M.S. is a community activist and Vice Chair of Hardy Girls Healthy Women. She has a Master's degree in Human Development and has worked for 25 years with non-profit organizations advocating for the rights and well being of women and children.

Lael Couper Jepson, M.S. is a professionally educated practitioner of organization development as well as a certified coach with her own business SheChanges, established in 2006. Lael is a seasoned facilitator whose work is driven by a passion for supporting women to realize and unleash their unique talents, powers, voices, and leadership instincts.

What Participants Will Leave With

The knowledge and skills to:

- ~ Help girls connect with one another and reduce Girlfighting
- ~ Show girls how to find the support and resources they need to thrive; and,
- ~ Tap into girls' energy and creativity to make the world one that values them for who they are, not how they look;
- ~ Create a foundational understanding of facilitation, group process and dynamics within the specific context of working with girls' coalition groups

Through multi-media presentations, small group activities, practice sessions, and discussion, the training will answer the questions:

- ~ What is the cultural landscape in which girls are growing
- ~ What is hardiness and why are relational hardiness zones important?
- ~ How do we cultivate and sustain hardiness zones with girls?
- ~ What form can they take in our community/social context?
- ~ What can they offer that girls in our community need?

Agenda

Monday, March 15th Cultivating Hardiness Zones 9:00am-4:00pm

- ~ A Look at the Cultural Landscape
- ~ Cultivating Relational Hardiness Zones
- ~ Muse Relationships with Girls
- ~ Theory in Action
- ~ Reflection & Evaluation

Tuesday, March 16th Becoming a Muse 9:00am-4:00pm

- ~ In-depth look at facilitation, group process and dynamics
- ~ Practice with muse relationships in the context of girls' groups
- ~ Concrete demonstrations of group scenarios
- ~ Opportunities to practice new techniques

Cultivating Hardiness Zones & Becoming a Muse

March 15th and 16th, 2010

Pharmacy Building • UNE campus • Portland, ME

Name: _____

Organization: _____

Job Title: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Registration Fees:

___ \$295 by Mar 1st / \$320 after Mar 1st **for both days**

___ \$175 by Mar 1st/ \$190 after Mar 1st **f or one day**

Please indicate which day(s) you are registering for:

___ Both / ___ March 15th / ___ March 16th

___ I am registering a group of 3+ participants for a 15% disc.

Group Members:

1) Name: _____

Email: _____

Phone: _____

2) Name: _____

Email: _____

Phone: _____

3) Name: _____

Email: _____

Phone: _____

Total Registration Fee Due: _____

Payment Method:

___ Check is enclosed. Please make checks payable to Hardy Girls Healthy Women

___ Charge my ___ Visa ___ MC ___ AmEx

Card #: _____

Exp. Date: _____

Name on Card: _____

Signature: _____

___ Purchase Order (P.O. #: _____)

Please send invoice to: _____

Registration is limited to 60 participants per day. Early registration is encouraged. Refunds are available if cancellation is received by March 1st. Substitutions are encouraged.

0.7 CEUs will be awarded.

Please return this form along with payment to:

Hardy Girls Healthy Women

PO Box 821 • Waterville, ME 04903-0821 Or fax to (207) 615-0514

Find out more and register online: www.hghw.org/training.php