



Girls Leadership
Collaborative Inc.

EMPOWERING LEADERS THROUGH CONFIDENCE,
COMPETENCE, AND COMMUNITY

Girls in the Lead Fall Programs



Developing Leaders, Finding Purpose, and Making a Difference.

Using a variety of formats, Girls Leadership Collaborative programs will delve into group formation theory to better understand adolescent behaviors and motivations.

Through peer-led team building exercises, as well as peer-designed group challenges and games, girls will experience a safe, supportive environment. Our researched-based, individualized curriculum explores leadership behaviors and uncovers personal passions.

“This is way more fun than I ever thought! I had a very fun time and we used lots of teamwork, and trust.”

All Girls Leadership Collaborative Programs will include:

- Strengths-based leadership assessment tool
- Individualized and research based curriculum
- Leadership development through service
- Opportunities to develop or refine your voice and explore your passions
- A safe, supportive and collaborative environment

“When I am at GLC I can totally be myself. I learned that there is much more to me than I think there is.” - 7TH GRADER

“The thing I love most of all is that I can come every week to a nice, secure environment and I can share what I think with people who care about me. I learned what it means to really be a leader.” - 6TH GRADER



“I am learning that I need to listen to the ideas of others and consider them as much as I consider mine.”

Girls in the Lead: Being Your Best Self

Communication, Mindfulness and The Root of Self-Esteem

Location: The Hive, 650 Ten Rod Road, North Kingstown

Dates: 8 weeks, October 23rd – December 18th

Day and Time: Thursdays, 5:00-6:30 pm

Age Group: 6th-8th grade

Cost: \$295

In this program, participants uncover the root of self-esteem: competence, confidence and community. Using research-based techniques participants become effective communicators with family and friends. Experienced certified facilitators use tools such as mindfulness, yoga & breathing techniques. Benefits of this work include improved mental and physical health, reduced stress levels, greater concentration, self acceptance, and connecting with others.

Girls in the Lead: Leadership through Service

Developing Leaders, Finding Purpose, and Making a Difference

Location: 99 Pierce Street, East Greenwich

Dates: 8 weeks, October 20th – December 8th

Day and Time: Mondays, 4:15-5:45 pm

Age Group: 6th-8th grade

Cost: \$265

This fun, experiential leadership development program translates complex theory of group dynamics and social hierarchies into accessible knowledge that is easy to understand. We challenge the girls to redefine the top-down social systems that exist in peer groups. Participants will identify personal leadership styles and individual strengths, and emerge prepared to translate passions into service opportunities.

“My favorite thing about our time together is the challenges. I like working as a group and sharing ideas. This was an awesome and fun experience.”

As a final product, girls will design and implement a passion-based service learning project, demonstrating new leadership and collaborative skills.

Meg Stowe M.Ed, Founding Director

Meg is passionate about leadership development through the lens of service learning and helping youth to uncover passions and motivation. Meg has been a teacher, youth and service learning leader, dorm parent, advisor, athletic coach, and counselor. Meg loves to design experiences which serve to develop confidence, competence, and connectedness.

Rebecca Campbell, Founding Director

Rebecca has experience teaching physical education, coaching multiple age groups and facilitating large groups. She is passionate about empowering girls through hands on experiences, team building activities and sports. In 2011, Rebecca received her Reiki Master’s Training in Usui Reiki and completed a course in Mindful Bases Stress Reduction.

Cathy Cesario M.A., E-RYT-500, Facilitator

Cathy has practiced and taught yoga for more than 30 years. Having been an English teacher, she is skilled at bringing yoga and mindfulness to all age groups. Her teaching philosophy focuses on exploring the true nature of the self through the medium of the body, on acting from the heart, and understanding the power we have within us.

Fall programs are enrolling now. To bring GLC to your school or community, visit www.girlsleadershipcollaborative.com