



**WE ARE GIRLS
CONFERENCE**
Girls Empowerment Network

**BELIEVE IT
& BE IT.**



IN AUSTIN, TX

A STATEWIDE CONFERENCE

FOR GIRLS

in grades 3-8 | Saturday, November 16, 2019

@ANDERSON HIGH SCHOOL



For girls and the adults who care
about them.



GIRLS
Empowerment Network

Find out more at wearegirls.org
[#wearegirlstx](https://twitter.com/wearegirlstx) | 512.808.4044



Welcome to

WE ARE GIRLS

Bienvenida a la conferencia de We Are Girls!

Girls Empowerment Network (GIRLS) welcomes you to the 2019 We Are Girls Conference! Our theme this year is "Believe it and Be it" which means you can learn how to destress when in stressful situations, expand your view of what's possible in your future, and make a new friend before you leave today.

Now, you might be asking to yourself, "what is a way I can play a part in this magical day?" No worries, here are three easy steps on how to follow "The Girls Empowerment Network Way:"

1. Be the SPARK and join the dance party during the GIRLS Fair.
2. SHOUT-OUT someone who is helping others out.
3. RING the bell and celebrate with your friends at the end of the day by yelling a motivating chant.

Today, you are not alone! This space is filled with others who will also be following "The GIRLS Way." It has now been 12 years that We Are Girls Austin has been believing in the power in girls, and today it's your turn to be a part of it. You can make the choice to not only BELIEVE in your power, but also BE IT! Ready! Set! Go!

Love,

Girls Empowerment Network

¡Girls Empowerment Network (GIRLS) te da la bienvenida a la Conferencia We Are Girls 2019! Nuestro tema este año es "Créelo y serlo", lo que significa que puedes aprender cómo relajarte en situaciones estresantes, ampliar tu visión de lo que es posible en tu futuro y hacer una nueva amiga antes de partir hoy.

Es posible que te preguntes, "¿de qué manera puedo participar en este día mágico?" No te preocupas, aquí hay tres pasos fáciles sobre cómo seguir "La forma de Girls Empowerment Network":

1. Sé la CHISPA de tu grupo y únete a la fiesta de baile durante la feria de GIRLS.
2. SALUDAR a alguien que está ayudando a otros.
3. Toca la CAMPANA y celebra con tus amigas al final del día gritando un cántico motivador.

¡Hoy no estás sola! Este espacio está lleno de otras que también seguirán "La forma de GIRLS". Han pasado 12 años que We Are Girls Austin ha creído en el poder de las niñas, y hoy es tu turno de ser parte de él. Puedes elegir no solo CREER en tu poder, sino también SER. ¡En sus marcas, listas, fuera!

Con amor,

Girls Empowerment Network

Julia Cuba Lewis
Executive Director/CEO
Director ejecutivo

Claudia Arellano
Program Engagement Manager
Gerente de programa

“

WE ENVISION A WORLD WHERE ALL GIRLS BELIEVE IN THEIR POWER.

”

FEATURED CONFERENCE SPEAKERS

SCHEDULE

9–10 a.m. **Girls Empowerment Rally!**
Location: Gym

10:15–11:15 a.m. **Session 1**(Choose from pages 6–10)
Featured Conference Speaker:
Aisha Thomas
Location: Performing Arts Center

11:30 a.m.–12:30 p.m. Lunch A(cafeteria) &
GIRLS Carnival(gym)
OR Session 2a(Choose from pages 6–10)
Featured Conference Speaker:
Girls Empowerment Network
Location: Performing Arts Center

12:45–1:45 p.m. Lunch B(cafeteria) &
GIRLS Carnival(gym)
OR Session 2b(Choose from pages 6–10)
Featured Conference Speaker:
Girls Empowerment Network
Location: Performing Arts Center

2–3 p.m. **Session 3** (Choose from pages 6–10)
Featured Conference Speaker:
April Bowman
Location: Performing Arts Center

Resource booths throughout school taking place from 8 a.m. –3 p.m.

First aid and lost and found is located at the information desks.

HORARIO DEL DÍA

9–10 a.m. **¡Reunión de Empoderamiento de Niñas!**
Ubicación: Gimnasio

10:15–11:15 a.m. **Sesión 1**(Elegir entre páginas 6–10)
Conferencista invitado:
Aisha Thomas
Ubicación: Centro de Artes Escénicas

11:30 a.m.–12:30 p.m. Almuerzo A(cafetería) y
GIRLS Carnival(gimnasio)
O Sesión 2a(Elegir de páginas 6–10)
Conferencista destacado:
Girls Empowerment Network
Ubicación: Centro de Artes Escénicas

12:45–1:45 p.m. Almuerzo B(cafetería) y GIRLS Carnival
(gimnasio)
O Sesión 2b(Elegir de páginas 6–10)
Conferencista destacado:
Girls Empowerment Network
Ubicación: Centro de Artes Escénicas

2–3 p.m. **Sesión 3**(Escoger en páginas 6–10)
Conferencista invitado:
April Bowman
Ubicación: Centro de Artes Escénicas

Feria de recursos estará por toda la escuela entre 8 a.m. –3 p.m.

Kit de primeros auxilios 'perdido y hallado' se encuentran en el mostrador de información.

READY, SET, GO!

The We Are Girls Austin Scavenger Hunt is underway! Throughout the day, complete and check off as many things off the list as you can—make lots of new friends, learn tons of new skills, find ways to make your voice heard, and become unstoppable!

WE ARE GIRLS SCAVENGER HUNT

- Sing REALLY loud at the opening rally
- Tell your workshop leader how they ignited your power
- Go to a workshop that you're curious about
- Share a new way you plan on managing stress or negative thoughts with an adult
- Sit by someone you don't know at a workshop
- Thank a volunteer
- Take a silly picture with at least 5 new friends
- Show off your best dance moves at the GIRLS Carnival
- Find someone with the same birth month as you
- Ask a question at a workshop
- Show another girl a dance routine or yoga pose
- Write or share how you plan to become unstoppable after the conference
- Ignite the power in another attendee
- BELIEVE IT!

FEATURED CONFERENCE SPEAKERS






AISHA THOMAS

Speaker, Consultant,
Confidence Creator, and
Author

Session/Sesión 1:
10:15 - 11:15 a.m.

Location/Ubicación:
Performing Arts Center

Ages/Edades: All/Todas

 MsAishaSpeaks
 @msaishaspeaks
 msaishaspeaks

Aisha Thomas is an impactful, energetic speaker, and author of "Trendsetter: 7 Steps to Radically Standout To Be The Best You". She has a passion to empower youth through social and emotional education. As a Confidence Creator and Mental Health Advocate, she aims to embed leadership skills, inclusion, self-love and motivation into the culture of each young person, which results to healthier homes, schools and community climates.

Her journey began when her family migrated to the United States, from Sierra Leone, Freetown, a country in West Africa. With an unstoppable mindset, Aisha overcame various challenges and became an honor roll student. She also graduated in the first computer networking program in her district, completed college and has been serving in the United States Air Force (USAF) for 14 years.

She joined the Speaker's Bureau for the nation's largest anti-sexual violence organization, RAINN (Rape, Abuse & Incest National Network) and began speaking at universities, community organizations and churches.

As an ETA Certified Speaker, Aisha studies under the tutelage of World Renowned Motivational Speaker and Author, Dr. Eric Thomas. She speaks at military affiliated programs such as JROTC and is currently one of the lead mentors of a military team that supports local schools.

Aisha's personal triumph is the reason why she has embarked on this path to empower adolescences one speech at a time. Thousands have been impacted and inspired after hearing her words of encouragement.

Aisha Thomas es una oradora impactante y energética, y autora de "Trendsetter: 7 Steps to Radically Standout To Be The Best You". Le apasiona empoderar a los jóvenes a través de la educación social y emocional. Como creadora de confianza y defensora de la salud mental, su objetivo es integrar las habilidades de liderazgo, la inclusión, el amor propio y la motivación en la cultura de cada joven, lo que da como resultado hogares más saludables, escuelas y climas comunitarios.

Su viaje comenzó cuando su familia emigró a los Estados Unidos, desde Sierra Leona, Freetown, un país en África occidental. Con una mentalidad imparable, Aisha superó varios desafíos y se convirtió en una estudiante de honor. También se graduó en el primer programa de redes de computadoras en su distrito, completó la universidad y ha estado sirviendo en la Fuerza Aérea de los Estados Unidos (USAF) durante 14 años.

Se unió a la Oficina de Oradores para la organización nacional contra la violencia sexual más grande del país, RAINN (Red Nacional de Violación, Abuso e Incesto) y comenzó a hablar en universidades, organizaciones comunitarias e iglesias.

Como oradora certificada por ETA, Aisha estudia bajo la tutela del orador y autor de motivación de renombre mundial, el Dr. Eric Thomas. Ella habla en programas militares afiliados como JROTC y actualmente es una de las mentoras principales de un equipo militar que apoya a las escuelas locales.

El triunfo personal de Aisha es la razón por la que se ha embarcado en este camino para empoderar a los adolescentes un discurso a la vez. Miles han sido impactados e inspirados después de escuchar sus palabras de aliento.






APRIL BOWMAN, M.S.

Founder, CEO, Educator,
Consultant

Session 3/Sesión 3:
2:00pm - 3:00pm.

Location/Ubicación:
Performing Arts Center

Ages/Edades: All/Todas

 BoldBelieversUnited
 @boldbelieversu
 april.m.bowman

April Bowman, M.S. is an educator of 15 years who has impacted over 20,000 young people across the country. She is committed to empowering the next generation to reach their full potential through successfully navigating the education system, obtaining a meaningful career and fully embracing who they are - which is a gift to the world.

April is a recipient of the 2019 Dallas Business Journal, Top 40 Under 40 award. In 2016, April started her company, Bold Believers United where she provides educational consulting services, motivational speaking and youth empowerment programs locally and nationally.

As the first person in her family to graduate from college, April earned a Master of Science degree from Northwestern University in Learning and Organizational Change and a Bachelor of Arts from University of Washington in Sociology and Geography. Currently, she is pursuing a Doctor of Ministry degree at The King's University, where she also serves as the President of the Graduate Student Council.

April has a heart for serving the community and volunteers for a number of organizations. She is also an alumna of the Mayor Star Council, Leadership ISD and Education Pioneer Fellows. She is also a member of Zeta Phi Beta Sorority, Inc. There is nothing that brings April more joy than empowering people, especially young people to move from inspiration to action in order to actualize their purpose.

April Bowman, M.S. es una educadora de 15 años que ha impactado a más de 20,000 jóvenes en todo el país. Está comprometida a empoderar a la próxima generación para que alcance su máximo potencial navegando con éxito el sistema educativo, obteniendo una carrera significativa y completamente adaptando quiénes son— lo cual es un regalo para el mundo.

April recibió el premio Dallas Business Journal 2019, premio Top 40 Under 40. En 2016, April comenzó su compañía, Bold Believers United, donde brinda servicios de consultoría educativa, oratoria motivadora y programas de empoderamiento juvenil a nivel local y nacional.

Como la primera persona en su familia en graduarse de la universidad, April obtuvo una Maestría en Ciencias de la Universidad Northwestern en Aprendizaje y Cambio Organizacional y una Licenciatura en Artes de la Universidad de Washington en Sociología y Geografía. Actualmente, está cursando un doctorado en ministerio en la Universidad de King, donde también se desempeña como Presidenta del Consejo de Estudiantes Graduados.

April tiene un corazón para servir a la comunidad y voluntarios para varias organizaciones. También es alumna del Alcalde Star Council, Leadership ISD y Education Pioneer Fellows. También es miembro de Zeta Phi Beta Sorority, Inc. No hay nada que le brinde más alegría a April que empoderar a las personas, especialmente a los jóvenes para que pasen de la inspiración a la acción para actualizar su propósito.

FEATURED CONFERENCE SPEAKERS



MISSION: GIRLS ignites the power in girls by teaching them the skills to thrive and believe in their ability to be unstoppable.

MISIÓN: GIRLS enciende el poder en las niñas al enseñarles las habilidades para prosperar y creer en su capacidad de ser imparables.

Girls Empowerment Network: Igniting YOUR Power!

Girls Empowerment Network: Encendiendo TU Poder! **(ES)** **(ASL)**

Session/Sesión: 2a/2b: 11:30 a.m. – 12:30 p.m.; 2b:12:45 – 1:45 p.m.

Ages/Edades: All/Todas

Location/Ubicación: Performing Arts Center

Girls Empowerment Network (GIRLS) ignites the power in girls by teaching them skills to thrive and believe in their ability to be unstoppable. Girls are at risk of not reaching their potential, especially if adolescence affects them too adversely. When girls learn and practice skills with GIRLS, their self-efficacy increases. When they increase their self-efficacy they strengthen their internal belief in their power. When they feel powerful, they can be unstoppable. Whether it's shooting for an A on an exam, getting into college, overcoming a bully, breaking up an unhealthy relationship, or taking care of herself when she feels like no one else will, when girls experience self-efficacy curriculum in schools, camps and conferences, they realize they can do it, and they become powerful. GIRLS curriculum modules include:

- **Team-Building** – Connect and collaborate with others
- **Healthy Friendships** – Find valuable friendships
- **Communication** – Express yourself effectively
- **Identity & Diversity** – Own your unique power & appreciate others
- **Stress Management** – Know when you're stressed & how to cope
- **Defining My Values** – What's important to you
- **Healthy Dating** – Know your boundaries
- **Media Literacy** – What's real in this world
- **Self-Compassion** – Be your own best friend
- **Leadership** – Discover the leader in you
- **Career Exploration & Power Chats** – If you can see it, you can be it
- **Social Media Safety** – Life is more than likes
- **Anti-Bullying** – Be an ally
- **My Changing Body** – All bodies are good bodies
- **Drug & Alcohol Resistance** – Making choices that are right for you
- **Goal Setting** – Be unstoppable through life
- **Failure & Resiliency** – Fail forward
- **Growth Mindset** – Ditching the labels to become limitless

Girls Empowerment Network (GIRLS) enciende el poder de las niñas al enseñarles habilidades para prosperar y creer en su capacidad de ser imparables. Las niñas corren el riesgo de no alcanzar su potencial, especialmente si la adolescencia las afecta demasiado. Cuando las niñas aprenden y practican habilidades con GIRLS, aumenta su autoeficacia, cuando aumentan su autoeficacia fortalecen su creencia interna en su poder. Cuando se sienten poderosas, pueden ser imparables. Ya sea para obtener una A en un examen, ingresar a la universidad, superar a un acosador, romper una relación poco saludable o cuidarse a sí misma cuando siente que nadie más lo hará, cuando las niñas experimenten un currículo de autoeficacia en escuelas, campamentos y conferencias, se darán cuenta de que pueden hacerlo y se vuelven poderosas. Los módulos curriculares de GIRLS incluyen:

- **Team-Building** – Conecta y colabora con otros
- **Amistades saludables** – Encuentra amistades valiosas
- **Comunicación** – Exprésate efectivamente
- **Identidad y diversidad** – Adueñate de tu poder único y aprecia a los demás
- **Manejo del estrés** – Sepa cuándo está estresado y cómo sobrellevarlo
- **Definir mis valores** – Lo que es importante para ti
- **Citas saludables** – Conoce tus límites
- **Alfabetización mediática** – Lo que es real en este mundo
- **La auto-compasión** – Sé tu mejor amigo
- **Liderazgo** – Descubre el líder en ti.
- **Exploración de la carrera y Power Chats** – Si puedes verlo, puedes serlo
- **Seguridad en las redes sociales** – La vida es más que gustos
- **Anti-Bullying** – Sé un aliado
- **Mi cuerpo cambiante** – Todos los cuerpos son buenos cuerpos
- **Resistencia a las drogas y al alcohol** – Tomar las decisiones correctas para usted
- **Fijación de metas** – Ser imparable en la vida
- **Falla y resistencia** – Falla adelante
- **Crecimiento mental** – Deshacerse de las etiquetas para convertirse en ilimitado.

We Are Girls Conference BELIEVE IT & BE IT

presented by  **GIRLS**
Empowerment Network

Thank you to all our sponsors!



2019 CONFERENCE COMMITTEE & WE ARE GIRLS SPONSORS:

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Room Number	Session 1 10:15 – 11:15 a.m.	Session 2A/2B 11:30 – 12:30 p.m. & 12:45 – 1:45 p.m.	Session 3 2 – 3 p.m.
1st Floor			
13	<p>Creating Your Own Voting Awareness Poster By: <i>The Girls School of Austin</i> Ages: <i>Girls in grades 3rd-8th</i></p> 	<p>Surviving In Someone Else's World: Using Fanfiction to Create Comics By: <i>Shannon Brewer</i> Ages: <i>All</i></p> 	<p>Surviving In Someone Else's World: Using Fanfiction to Create Comics By: <i>Shannon Brewer</i> Ages: <i>All</i></p> 
20	<p>A Future with Animals By: <i>Wild Things Zoofari, Inc.</i> Ages: <i>Girls in grades 3rd-8th</i></p> 	<p>Clues from the Natural World By: <i>Camp Lantern</i> Ages: <i>All</i></p> 	
21			
100	<p>Brave Spaces for LGBTQ, Non-Binary, and Trans Youth By: <i>Girls Empowerment Network</i> Ages: <i>Girls in grades 6th-8th</i></p> 	<p>A Strong Girl's Guide to Confidence By: <i>Strong Girl Spirit</i> Ages: <i>Girls in grades 6th-8th</i></p> 	<p>A Strong Girl's Guide to Confidence By: <i>Strong Girl Spirit</i> Ages: <i>Girls in grades 3rd-5th</i></p> 
101	<p>Embracing Your Voice By: <i>Monica Dorsey</i> Ages: <i>Girls in grades 6th-8th</i></p> 	<p>Embracing Your Voice By: <i>Monica Dorsey</i> Ages: <i>Girls in grades 3rd-5th *2A only</i></p> 	<p>Trust the Process By: <i>Monica Dorsey</i> Ages: <i>Girls in grades 6th-8th</i></p> 
105	<p>Breaking the CHAIN REACTION By: <i>C.H.A.I.N. B. CarShandra Hollins</i> Ages: <i>All</i></p> 		<p>Breaking the CHAIN REACTION By: <i>C.H.A.I.N. B. CarShandra Hollins</i> Ages: <i>All</i></p> 
110	<p>Minecraft Element Scavenger Hunt By: <i>Microsoft</i> Ages: <i>Girls in grades 3rd-5th</i></p> 	<p>Minecraft Element Scavenger Hunt By: <i>Microsoft</i> Ages: <i>Girls in grades 3rd-5th *2A only</i></p> 	<p>Minecraft Introduction to Logic Gates By: <i>Microsoft</i> Ages: <i>Girls in grades 6th-8th</i></p> 
111	<p>Learn About Computers by Playing Games By: <i>Iodine Software</i> Ages: <i>Girls in grades 6th-8th</i></p> 	<p>Learn About Computers by Playing Games By: <i>Iodine Software</i> Ages: <i>Girls in grades 6th-8th</i></p> 	<p>Learn About Computers by Playing Games By: <i>Iodine Software</i> Ages: <i>Girls in grades 6th-8th</i></p> 
115		<p>Beyonce's Chopper Challenge! By: <i>DPR Construction</i> Ages: <i>Girls in grades 3rd-5th</i></p> 	<p>Beyonce's Chopper Challenge! By: <i>DPR Construction</i> Ages: <i>Girls in grades 3rd-5th</i></p> 
117	<p>Turning Parts Into ART By: <i>Deif Technologies</i> Ages: <i>Girls in grades 3rd-5th</i></p> 	<p>Soaring Rockets! By: <i>Giristart</i> Ages: <i>Girls in grades 3rd-5th</i></p> 	

FOR DETAILED WORKSHOP DESCRIPTIONS, GO TO PAGE 11

Room Number	Session 1 10:15 – 11:15 a.m.	Session 2A/2B 11:30 – 12:30 p.m. & 12:45 – 1:45 p.m.	Session 3 2 – 3 p.m.
144	Beauty Beyond Skin Deep By: Mary Kay Representative: Theresa Pore Ages: Girls in grades 6th–8th	Beauty Beyond Skin Deep By: Mary Kay Representative: Theresa Pore Ages: Girls in grades 6th–8th	Beauty Beyond Skin Deep By: Mary Kay Representative: Theresa Pore Ages: Girls in grades 6th–8th
BAND HALL	Dance Another World By: Dance Another World Ages: Girls in grades 6th–8th	Dance Another World By: Dance Another World Ages: Girls in grades 3rd–5th	Dance Another World By: Dance Another World Ages: Adults
BLACK BOX THEATER	Empowering Young Women to Find Their Joy Within By: Zen Bug Yoga Ages: All	Empowering Young Women to Find Their Joy Within By: Zen Bug Yoga Ages: All	Empowering Young Women to Find Their Joy Within By: Zen Bug Yoga Ages: All
CENTER LAWN	Football 101 By: The Austin Outlaws Ages: Girls in grades 3rd–8th	Football 101 By: The Austin Outlaws Ages: Girls in grades 3rd–8th	
DANCE GYM	Hip Hop with Synergy By: Synergy Dance Studio Ages: Girls in grades 6th–8th	Hip Hop with Synergy By: Synergy Dance Studio Ages: Girls in grades 3rd–5th *2A only	Jazz with Synergy By: Synergy Dance Studio Ages: Girls in grades 6th–8th
LIBRARY	StoryTELLit: Stop Explaining and Start Engaging By: Kim Caldwell, Caldwell Connect Ages: Girls in grades 6th–8th & adults	StoryTELLit: Stop Explaining and Start Engaging By: Kim Caldwell, Caldwell Connect Ages: Girls in grades 6th–8th & adults	
ORCHESTRA HALL		Rebound & Renew! By: Austin Rhythm & Drum Ages: All	
PERFORMING ARTS CENTER	The She-Ro in Me By: Aisha Thomas Ages: All	Igniting YOUR Power By: Girls Empowerment Network Ages: All	Power Up! Turn it on and Turn it up! April Bowman Ages: All
TENNIS COURTS		JAM! with TXJRD By: Page Ages: Girls in grades 3rd–5th	
2nd Floor			
200	Puberty for Parents By: Planned Parenthood of Greater Texas Ages: Adults	Puberty for Parents By: Planned Parenthood of Greater Texas Ages: Adults *2A only	Go with the Flow: A Period Preparedness Party By: Planned Parenthood of Greater Texas Ages: Girls in grades 6th–8th
		Go with the Flow: A Period Preparedness Party By: Planned Parenthood of Greater Texas Ages: Girls in grades 6th–8th *2B only	

Room Number	Session 1 10:15 – 11:15 a.m.	Session 2A/2B 11:30 – 12:30 p.m. & 12:45 – 1:45 p.m.	Session 3 2 – 3 p.m.
201	Professional Development: Growth Mindset By: Girls Empowerment Network Ages: Adults 	My Name is Not By: My Daughters Ages: Girls in grades 6th–8th & adults 	This is Me! By: My Daughters Ages: Girls in grades 6th–8th & adults 
204	Rock or a Starfish? The Power Within By: Peace & Clarity Ages: Girls in grades 6th–8th 	Rock or a Starfish? The Power Within By: Peace & Clarity Ages: Girls in grades 3rd–5th 	Rock or a Starfish? The Power Within By: Peace & Clarity Ages: Adults 
205	Bank On It By: Frost Bank Ages: Girls in grades 6th–8th 	Actually, I Can! By: Ela London Ages: Girls in grades 6th–8th 	My Community, My Voice By: Girls Empowerment Network Ages: Girls in grades 3rd–5th 
207	Better Together By: Aubrey Simon Ages: Girls in grades 3rd–5th 	Breaking Boundaries By: Shantia Coley, Purpose Driven Lawyer Ages: Girls in grades 6th–8th 	Diversity & Inclusivity By: Aubrey Simon Ages: Girls in grades 3rd–5th 
208	My Changing Body By: Girls Empowerment Network Ages: Girls in grades 3rd–5th 	Girls with Vision, Women with Purpose By: Paycom Ages: Girls in grades 6th–8th 	My Changing Body By: Girls Empowerment Network Ages: Girls in grades 3rd–5th 
210	Robotics & You By: Ouroboros 4545 Ages: Girls in grades 3rd–8th 	Robotics & You By: Ouroboros 4545 Ages: Girls in grades 3rd–8th 	Robotics & You By: Ouroboros 4545 Ages: Girls in grades 3rd–8th 
211		She Climbs Mountains By: Dr Yana Johnson Torregrosa & Gabriela Johnson Correia Ages: Girls in grades 6th–8th & adults 	
214	Start the Ovulation: Menstrual Health, Cycle Awareness and FLOW By: Born Into This Ages: All  	Start the Ovulation: Menstrual Health, Cycle Awareness and FLOW By: Born Into This Ages: All 	
215		Redefining Beauty: Perfect or Bust for 6th–8th Grade Girls By: Heather Hoover Director of Teen Circles with Global Sisterhood Ages: Girls in grades 6th–8th 	
216	Defining My Values By: Girls Empowerment Network Ages: Girls in grades 3rd–5th 	Silence Your Inner Comparison Queen By: Monica Richardson Coaching Ages: Girls in grades 3rd–5th *2A only, Girls in grades 6th–8th *2B only 	Defining My Values By: Girls Empowerment Network Ages: Girls in grades 3rd–5th 
217	Divas/Diversity By: Austin Intercultural Network Ages: Girls in grades 3rd–5th 	Virtual Reality with Latinitas By: Latinitas Ages: Girls in grades 6th–8th 	Virtual Reality with Latinitas By: Latinitas Ages: Girls in grades 3rd–5th 
223	Empower. Engage. Execute: The Secret to Career Success By: Aghaeze-Maple Enterprises, LLC Ages: Girls in grades 6th–8th & adults 	The Dumpster Project By: The Dumpster Project Ages: Girls in grades 3rd–5th *2A only, Girls in grades 6th–8th *2B only 	

Room Number	Session 1 10:15 – 11:15 a.m.	Session 2A/2B 11:30 – 12:30 p.m. & 12:45 – 1:45 p.m.	Session 3 2 – 3 p.m.
224	<p>Engineering as a Career Choice By: Andi DuMont Ages: All</p> 	<p>Digital Intelligence in a Connected World By: Andi DuMont Ages: Girls in grades 6th–8th</p> 	
225	<p>Connect Your Emotions to Your Plate: Nutritional Guidance to Feel Great Inside and Out By: Nutritional Wisdom Ages: Girls in grades 6th–8th</p> 	<p>Use Your Voice: Create Your Story By: Ashley Noelle Ages: All</p> 	<p>Use Your Voice: Create Your Story By: Ashley Noelle Ages: All</p> 
226	<p>Positive Discipline 101 By: Julie Burke Therapy Ages: Adults</p> 	<p>What's Love Got To Do With It? By: Julie Burke Therapy Ages: Girls in grades 6th–8th & adults</p> 	<p>What's Love Got To Do With It? By: Julie Burke Therapy Ages: Girls in grades 6th–8th & adults</p> 
227	<p>Communication: Connecting and Expressing Effectively By: Girls Empowerment Network Ages: Girls in grades 6th–8th</p> 	<p>Improv 101 – Let's get Creative (and Silly)! By: Jill Faulkner Ages: Girls in grades 3rd–8th</p> 	<p>Improv 101 – Let's get Creative (and Silly)! By: Jill Faulkner Ages: Girls in grades 3rd–8th</p> 
228	<p>Speak Your Truth By: Natalie Grigson & EmpowerED Pathways Ages: Girls in grades 6th–8th</p> 	<p>Speak Your Truth By: Natalie Grigson & EmpowerED Pathways Ages: Girls in grades 6th–8th *2A only</p> 	
229	<p>Success Through Resilience By: Alisha Cahue and Mrinalini Shah (Co-presenters), Leadership and Ethics Institute UT Austin Ages: Girls in grades 3rd–5th</p> 		
230	<p>Following Inner Guidance for Happiness By: Diana Tulumba Ages: All</p> 	<p>Unleashing Creativity Through Robotics: Scribblebots! By: Vandegrift Viperbots 7161 Hydra Ages: Girls in grades 3rd–5th *2A only, Girls in grades 6th–8th *2B only</p> 	
234	<p>Growth Mindset: Get Comfortable with Being Uncomfortable By: Austin Intercultural Network Ages: Girls in grades 3rd–5th</p> 	<p>Present like a Pro: Unlocking Inner Confidence Through Movement and Play By: Samantha Schak & Lindsay Nicol Ages: Girls in grades 3rd–8th</p> 	
235	<p>It's Time to Simplify Their World By: Vicki Parsons Ages: Adults</p> 	<p>It's Time to Simplify Their World By: Vicki Parsons Ages: Adults</p> 	<p>Professional Development: Trauma in the Classroom By: Girls Empowerment Network Ages: Adults</p> 
236	<p>No More Drama! Restorative Strategies for Problem-Solving By: Austin Achieve Public Schools Ages: Girls in grades 6th–8th</p> 	<p>No More Drama! Restorative Strategies for Problem-Solving By: Austin Achieve Public Schools Ages: Girls in grades 3rd–5th</p> 	
237	<p>Physical Activity or Social & Emotional Learning? Why Not Both? By: Girls on the Run Austin Ages: Adults</p> 	<p>Physical Activity or Social & Emotional Learning? Why Not Both? By: Girls on the Run Austin Ages: Adults</p> 	<p>El Poder de la Autocompasión By: Girls Empowerment Network Ages: All</p> 

Room Number	Session 1 10:15 – 11:15 a.m.	Session 2A/2B 11:30 – 12:30 p.m. & 12:45 – 1:45 p.m.	Session 3 2 – 3 p.m.
240	Navigating Friendships and Yourself By: Texas Council on Family Violence Ages: Girls in grades 6th–8th	Navigating Friendships and Yourself By: Texas Council on Family Violence Ages: Girls in grades 3rd–5th	The Challenges of Caregiving By: Texas Council on Family Violence Ages: Adults
241	Comprendiendo y Comunicando con su Adolescente By: Con MI MADRE Ages: Adults	Stories Worth Telling: Films from the Girls Impact the World Film Festival By: Girls Impact the World Film Festival Ages: Girls in grades 6th–8th & adults	
244	Happy Ever After: Dating as a Single Parent By: Tesleigh Eure, LMSW Ages: Adults	MVP: Too Important to Not Get In The Game By: Tesleigh Eure, LMSW Ages: Girls in grades 3rd–8th	MVP: Too Important to Not Get In The Game By: Tesleigh Eure, LMSW Ages: Girls in grades 3rd–8th
245	Happy Thoughts By: Kat Hyde Ages: Girls in grades 6th–8th	Happy Thoughts By: Kat Hyde Ages: Girls in grades 3rd–5th	
246	Emotional Intelligence on the Job By: Train Mark Training and Facilitation Services Ages: Adults	Emotional Intelligence for Girls By: Train Mark Training and Facilitation Services Ages: Girls in grades 3rd–5th	

WE ARE GIRLS WORD SEARCH

C E P A T M L S V E I N K I N G S O D W N
 C O M Q U E T V E E O U L H J T N C A S B
 T M A T N E F A V I F O R K H U L R F A E T O X Z
 I G X E I N D I S R O A T S C Q I W O P N I Y
 D T L E N G N A C D P E C T Q E I T H Y
 W B J N T I N O M C L L U R G I N G
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 V O E U I S L R F N O C
 C Q U E R E F N O
 BELIEVE
 CAMP
 COLLABORATION
 COMMUNICATION
 CONFERENCE
 CONFIDENCE
 COPING SKILLS
 CREATIVITY
 EMPOWERMENT
 GIRL CONNECT
 GIRLS
 IGNITE
 PATHFINDER
 THINKING
 THRIVE

BREAKOUT SPEAKERS

FEATURED SPEAKERS

The She-Ro in Me

By: Aisha Thomas
Speaker, Consultant, Confidence Creator, and Author

Session 1: 10:15–11:15 a.m.
Ages: All
Location: Performing Arts Center

Did you know that you have the power to write your own fairy tale story? A real life story where you are the She-Ro and you can create your own happily ever after. Learn about your super powers, what characters you should include remove or add to your story and how your story has the power to impact others and the world.

Girls Empowerment Network: Igniting YOUR Power!

Presented by: Girls Empowerment Network

Session: **2a**: 11:30 a.m. –12:30 p.m.; **2b**:12:45 –1:45 p.m.;
Ages: All
Location: Performing Arts Center

Join our confidence builders in a fun interactive activity from one of Girls Empowerment Networks self-efficacy modules: stress management! Come be a part of our mission and IGNITE the power in you. Girls will be able to learn coping skills that include meditation and arts & crafts!

Power Up! Turn it on and Turn it up!

By: April Bowman
Founder, CEO, Educator, Consultant

Session 3: 2 –3 p.m.
Ages: All
Location: Performing Arts Center

Do you know that you have something so special about you that no one else has? Who you are is a gift to this world. As girls, we have something that is even better than magic, we have POWER!!! The key is understanding how to tap into what is already inside of you. Come ready to dance, talk and be powered up!

ALL FEATURED CONFERENCE SPEAKER PRESENTATIONS ARE TRANSLATED IN SPANISH AND ASL.

TODAS LAS PRESENTACIONES DE ORADORAS SON TRANSDUCIDAS EN ESPAÑOL Y ASL.

Alphabetical by Workshop Name
Los talleres en español están listados en la página 18.



SOCIAL/
EMOTIONAL



STEM



PHYSICAL



GIRL & PARENT/
GUARDIAN RECOMMENDED



ART/ MUSIC/
PERFORMANCE

(ES) ESPAÑOL

(ASL) AMERICAN SIGN LANGUAGE



A Future with Animals

By: Wild Things Zoofari, inc
Session: 1 Ages: Girls in grades 3rd-5th Room: 20
We will be meeting some endangered animals from all over the world in a safe environment while learning about what is hurting their future and what we can do to improve it. Girls will be able to touch some of the animals in hopes they gain a higher respect for our world and spark an interest building a career in animal conservation.



A Strong Girl's Guide to Confidence

By: Strong Girl Spirit
Sessions: 2a/2b & 3
Ages: Session 2a/2b: Girls in grades 6th-8th
Session 3: Girls in grades 3rd-5th Room: 100

Embrace Your Strong Girl Spirit! What YOU Focus on Grows... This workshop will be packed full of positive and fun activities to help you begin planting and growing the seeds of a strong self-image. We will mingle with a mission, do a check in with ourselves to see how we are feeling, journal and talk about things we like about ourselves and encourage each other by filling out "balloon compliments". Together we will reveal the Super Hero in You!



Actually, I Can!

By: Ela London
Sessions: 2a/2b Ages: Girls in grades 6th-8th Room: 205
In this session girls will discover their personal power through fun and engaging activities. This session is designed to enhance self-awareness, explore passions and character strengths that relate to real life success. You will be challenged to gain a deeper understanding of yourself. Allowing you to connect with other girls and realize you are never alone in your journey through life. You will feel encouraged to look inward for inspiration to achieve all your goals - bringing you to understand that "Actually, You Can."



Bank On It

By: Frost Bank
Session: 1 Ages: Girls in grades 6th-8th Room: 205
Welcome to Bank On It! Learning about the services and functions of a bank will help you choose the right bank for you when the time comes. This session will help you make those choices. We will also have some fun learning activities and awesome prize-winning opportunities!



Beauty Beyond Skin Deep

By: Mary Kay

Sessions: 1 & 2a/2b Ages: Girls in grades 6th-8th Room: 144

Learn how to properly take care of your skin using Mary Kay products while discovering how to live a truly empowered life.



Better Together

By: Aubrey Simon

Session: 1 Ages: Girls in grades 3rd-5th Room: 207

In this workshop, we will be learning about diversity and promoting inclusivity. We will be doing many activities that deal with self-identity and team building. We will be focusing on how we are stronger as a whole and how our differences help us!



Beyoncé's Chopper Challenge

By: DPR Construction

Sessions: 2a/2b, 3 Ages: Girls grades 3rd-5th Room: 115

Are you an aspiring architect or engineer who wants to get a taste for working on a real construction project? Beyonce needs your help! Put your engineering, creative, and people skills to use on the Chopper Tower Challenge. Attendees will divide into project teams and see who can build the tallest/strongest helicopter landing pad for Ms. B and her family. We will learn that there's more to construction than just hammers and nails, and that girls and women make great builders!



Brave Spaces for LGBTQ, Non-Binary, and Trans Youth

By: Girls Empowerment Network

Session: 1 Ages: Girls in grades 6th-8th Room: 100

Join us for a workshop on building LGBTQ and Non-Binary Allyship! We will discuss LGB, Transgender, and Non-Binary identities and learn how to work together to build brave spaces for queer youth.



Breaking Boundaries

By: Aubrey Simon

Sessions: 2a/2b Ages: Girls grades 6th-8th Room: 207

In this workshop, we will be learning how to create and achieve our goals. There will be activities to learn how to successfully make a goal and how to turn that goal into a reality.



Breaking the CHAIN REACTION

By: CarShandra Hollins C.H.A.I.N B "Changing Hearts and Implementing New Beginnings"

Sessions: 1 & 3 Ages: All Room: 105

CHAIN B stands for "Changing Hearts and Implementing New Beginnings." In this workshop, we will embrace one another through sisterhood while learning how to build one another up through confidence, honor, respect, attitude and intelligence. Students and/or adults will do this through a breakout box. Together we will break the chain reaction of how we want to be treated by other women and break the chains of how women treat each other.



Clues from the Natural World

By: Camp Lantern Creek

Sessions: 2a/2b Ages: All Room: 21

Can you tell the difference between a bobcat or coyotes footprints/tracks? What does it take to build a "recipe" for a Texas forest ecosystem? Join me for this workshop to explore the possibilities of solving a mystery in progress. Young explorers learn these and other amazing facts as they explore mammalogy, ecology and the forest ecosystem with our with our fun interactive & hands-on exercises.



Communication: Connecting and Expressing Effectively

By: Girls Empowerment Network

Session: 1 Ages: Girls in grades 6th-8th Room: 227

Girls in this workshop will learn and practice the BIG 3: eye contact, body language, and voice. They will gain tools to speak with confidence in challenging scenarios and understand the power of non-verbals.



Connect Your Emotions to Your Plate: Nutritional Guidance to Feel Great Inside and Out

By: Nutritional Wisdom

Session: 1 Ages: Girls in grades 6th-8th Room: 225

We are going to learn about nutrition, and it's going to be different than anything else you've experienced! Yes, we'll talk about the basics of healthy eating, but did you realize that the food choices you make are connected to your thoughts and emotions? They are, and I'm going to teach you how to feel empowered around those thoughts and emotions so that you can become a conscious eater using some fun activities that might include chocolate!



Create Your Own Voting Awareness Poster

By: The Girls' School of Austin

Session: 1 Ages: Girls in grades 3rd-8th Room: 13

Participants will create their own 'get out the vote poster' or a poster that reflects an issue they feel strongly about (not in support of a particular party or candidate).



Dance Another World

By: Dance Another World

Sessions: 1, 2a/2b & 3

Ages: Session 1: Girls in grades 6th-8th,

Sessions 2a/2b: Girls in grades 3rd-5th

Session 3: Adults

Room: Band Hall

In Dance Another World, we know a dance is a story. We read and write stories and portray them through dance. This hands-on activity will allow students an expressive outlet and opportunity to perform in front of their peers. This not only builds their confidence but their communication and dance skills as well!



Defining My Values

By: Girls Empowerment Network

Sessions: 1 & 3 Ages: Girls in grades 3rd-5th Room: 216

What's most important to you? Discover your top values and know how to express them creatively. It's important to know what's important to you! Girls will critically think about their own values and others' and how they influence decision making and also will identify personal values and express them in a creative way.



Digital Intelligence in a Connected World

By: Andi DuMont

Sessions: 2a/2b Ages: Girls in grades 6th-8th Room: 224

Facebook, Tik Tok, Instagram, Snapchat. In today's connected world, your online self will follow you from adolescence to your future career. In this workshop we'll talk about how to be savvy about what you post online to protect yourself, your identity, and your future (probably unknown) aspirations. This workshop will be interactive - so please bring your internet enabled device! We'll look at how celebrities, influencers, and you post with digital intelligence.



Divas & Diversity

By: Austin Intercultural Network

Session: 1 Ages: Girls in grades 3rd-5th Room: 217

Are you a Diva? Do you know what Diversity is? Come find out at this fun workshop, exclusively for divas like YOU! We will talk about the Disney princesses "Ariel, Snow White, Jasmine, Moana & others, and together let's explore how they're the same, yet they're different.



Diversity and Inclusivity

By: Aubrey Simon

Session: 3 Ages: Girls in grades 3rd-5th Room: 207

In this workshop, we will be looking at our identity and our peers, as well as, how we are stronger together. We will be doing self-reflection activities and team building games to see how our differences make us as a whole better.



Embracing Your Voice

By: Monica Dorsey

Sessions: 1 & 2a

Ages: Session 1: Girls in grades 6th-8th
Sessions 2a: Girls in grades 3rd-5th Room: 101

The girls will be pairing up and introducing themselves, and their favorite song, as they sing it, then they will ask one another "what does using your voice mean to you?" Girls will then break into groups and share why their voice matters and encourage each other to use their voice. In unity, we'll chant affirmations of power.



Emotional Intelligence for Girls

By: Train Mark Training and Facilitation Services

Sessions: 2a/2b Ages: Girls in grades 3rd-5th Room: 246

Emotional Intelligence for Girls is a hands-on workshop with several activities. In one activity, titled, the Sherpa Walk, young women will go on an adventure during the workshop to explore how emotional intelligence can lead to leadership. In another activity, titled, The Dirty Dozen, participants will explore and discuss variations of anger and how to deal with it.



Emotional Intelligence on the Job

By: Train Mark Training and Facilitation Services

Session: 1 Ages: Adults Room: 246

Emotional Intelligence for Girls is a hands-on workshop with several activities. In one activity, titled, the Sherpa Walk, young women will go on an adventure during the workshop to explore how emotional intelligence can lead to leadership. In another activity, titled, The Dirty Dozen, participants will explore and discuss variations of anger and how to deal with it.



Empower.Engage.Execute: The Secret to Career Success

By: Aghaeze-Maple Enterprises, LLC

Session: 1 Ages: Girls in grades 6th-8th & adults Room: 223

In this session, each participant will discuss what they would like to be, as well as, what is preventing them from reaching their goals.



Empowering Young Women to Find Their Joy Within

By: Zen Bug Yoga

Sessions: 1, 2a/2b & 3 Ages: All Room: Black Box

Explore the world of mindfulness and yoga with a centering activity, breathing exercises, yoga poses and a calming relaxation with Zen Bug Yoga. Ignite your creativity and self-expression by decorating your own positive affirmation mirror. Confidently manifest your potential by tapping into your imagination. Play fun games that describe our core concepts of Play, Movement, Nature, Art, Rhythm and Music.



Engineering as a Career Choice

By: Andi DuMont

Session: 1 Ages: All Room: 224

Engineers build our cities. In this session you'll be introduced to the different types of engineering careers from computer engineering to water resources engineering. As a civil engineer, I'll take you through some of my favorite construction projects and we'll see how women are integral to designing how communities interact with their spaces. Afterwards, we'll break out in groups and talk about women engineers and scientists that inspire us.



Following Inner Guidance For Happiness

By: Diana Tulumba

Session: 1 Ages: All Room: 230

We all have our own special inner voice that sounds different for everyone! It tells us what is true for us. When we don't listen to that voice and try to be like other people, we miss out on being ourselves; and don't let people see and love us for who we are! ACTIVITIES: Short group meditation followed by some journaling that starts with "Hello Inner Guide, what would you like me to know about my future..."



Football 101

By: The Austin Outlaws

Sessions: 1 & 2a/2b Ages: Girls in grades 3rd-8th

Room: Center Lawn

We will be going over running, throwing, catching and tackling drills while practicing controlling our bodies and our speed. We will also be going over the basics of football and the different positions.



Girls With Vision, Women with

Purpose

By: Paycom

Sessions: 2a/2b Ages: Girls in grades 6th-8th Room: 208

Girls will collaborate to create a vision board as a hand on learning activity. Additionally, gamification will take place through the "Infinite Loop Activity" to illustrate the importance of women working TOGETHER to solve problems.



Go with the Flow: A Period Preparedness Party

By: Planned Parenthood of Greater Texas
Sessions: 2b & 3 **Ages:** Girls in grades 6th-8th **Room:** 200
 Always being prepared isn't just for Boy Scouts! Join us as we explore the different ways people can be period prepared. Learn about period products, how they work and make a goody bag to take home! Participants will also learn why periods happen and how to ask for help from trusted adults.



Growth Mindset: Get Comfortable with Being Uncomfortable

By: Girls Empowerment Network
Session: 1 **Ages:** Girls in grades 3rd-5th **Room:** 234
 Girls in this workshop will explore the idea of growth mindset and how powerful their thoughts are. They will learn how to recognize their inner critic and replace negative thoughts with positive ones.



Happily Ever After: Dating as a Single Parent

By: Tesleigh Eure, LMSW
Session: 1 **Ages:** Adults **Room:** 244
 Many of us envision that fairytale ending but there are a few things we have to remind ourselves along the way. This session focuses on connecting, supporting and empowering single mothers in their quest for love while strengthening the parent child relationship and fostering a healthy sense of self.



Happy Thoughts

By: Kat Hyde
Sessions: 1 & 2a/2b **Ages:** **Session 1:** Girls in grades 6th-8th
Sessions 2a/2b: Girls grades 3rd-5th **Room:** 245
 Happy Thoughts starts by learning and adopting new thought processes on how to positively interact with our ever-changing bodies. This workshop focuses on keeping a positive view of and about our own bodies. You'll learn how we are great as we are, and as we mature, how to stay positive when transitioning into adulthood. Come to Happy Thoughts to keep body positive. Plus, just wait to see how we use awesome markers!



Hip Hop with Synergy

By: Synergy Dance Studio
Sessions: 1 & 2a **Ages:** **Session 1:** Girls in grades 6th-8th
Sessions 2a: Girls grades 3rd-5th **Room:** Dance Gym
 This class is a non-technical, high energy class that incorporates the latest dance and video moves. We will have a quick body warm up, followed by learning choreography to a popular song.



Improv 101 - Let's get Creative (and Silly)!

By: Jill Faulkner
Sessions: 2a/2b & 3 **Ages:** Girls in grades 3rd-8th **Room:** 227
 Join me for improv games aimed at fostering creativity, mindfulness, acceptance and fun! Improv skills can be taken anywhere we go, improve our relationship and communication skills, and allow us to get silly and have a little fun! No scripts and nothing you need to know ahead of time - just bring yourself, your creativity and an open mind to get out of your comfort zone and have fun!



It's Time to Simplify Their World

By: Vicki Parsons
Sessions: 1 & 2a/2b **Ages:** Adults **Room:** 235
 This world is complicated. It's time to simplify. Simplifying is vital not only for our children, but also for parents and leaders. Simplicity is a rare gift, but when we get it, the slowing down feeds our souls and nurtures our families. As parents and leaders, let's support each other to have the courage to go against the trends, buck the stressors of life, and let our kids be silly and fun-loving kids for as long as they can. It's time to simplify their world.



JAM! with TXJRD

By: Texas Junior Roller Derby
Sessions: 2a/2b **Room:** Tennis Courts
Ages: Girls grades 3rd-5th
 Learn the ins and outs of roller derby with Austin's own Texas Junior Roller Derby. We can show you how to power jam through the pack with our basics of roller derby. Come ready for some fun hitting action. You'll find your voice and new friends while discovering the power of teamwork! Bring a smile, shoes and some water.



Jazz with Synergy

By: Synergy Dance Studio
Sessions: 2b & 3 **Ages:** **Session 2b:** Girls in grades 3rd-5th
Session 3: Girls in grades 6th-8th
Room: Dance Gym

Explore your individual style and originality with a class that increases posture, rhythm and creativity. Jazz is a fun and high energy class that will focus on strengthening your turns, jumps, leaps & agility using fun, upbeat contemporary music.



Learn About Computers by Playing Games

By: Iodine Software
Sessions: 1, 2a/2b & 3 **Ages:** Girls in grades 6th-8th
Room: 111

We will show the applications of coding languages in a fun way (such as playing games) and include a mix of STEAM games that make learning fun! Girls will play and learn that science, technology, engineering, arts and mathematics is applicable to enjoyable tasks. They will see how computers work as they play the games. We encourage girls to pursue careers in technology, if that is something that they enjoy doing.



Minecraft Element Scavenger Hunt

By: Microsoft
Sessions: 1 & 2a **Ages:** Girls in grades 3rd-5th **Room:** 110
 Matter is made of smaller parts called atoms. All natural and synthetic materials are composed of elements (individual atoms), molecules, or compounds. Many materials have similar elemental compositions but different properties. In Minecraft, the material reducer can be used to see what elements form common materials. This is like real world instruments used to measure the elemental composition of materials. In this exercise you will use the material reducer to find as many materials as you can that contain oxygen.



Minecraft Introduction to Logic Gates

By: Microsoft

Sessions: 2b & 3 Ages: Girls in grades 6th-8th Room: 110

A logic gate is a simple device that returns some number of outputs. These outputs are determined by a pattern of inputs and rules the gate follows to create a desired result. Logic gates are the foundation of not only computational thinking and coding but also apply to electrical engineering and algebraic thinking. In this activity, you will create a series of simple logic gates, and then are given an opportunity to apply these gates to create simple contraptions.



MVP: Too Important to Not Get In The Game

By: Tesleigh Eure, LMSW

Sessions: 2a/2b & 3 Ages: Girls in grades 3rd-8th Room: 244

This session focuses on empowering girls to give back in a BIG way even if others think they are too small to make a difference. Girls will choose causes they are interested in and participate in a role-playing activity to explore the roles of social workers in the community. This includes being provided with real-life scenarios where they may meet a social worker, as well as, learning how they too can change the world around them.



My Changing Body

By: Girls Empowerment Network

Sessions: 1 & 3 Ages: Girls in grades 3rd-5th Room: 208

Girls in this workshop will understand how puberty affects their bodies. They will have opportunity to ask questions to girl experts and hear from other girls their age in a supportive space.



My Community, My Voice

By: Girls Empowerment Network

Session: 3 Ages: Girls in grades 3rd-5th Room: 205

Take a step towards your unique voice and join us for this workshop on using your power. Youth will learn how to create an awareness campaign and engage others in their cause and advocacy for change.



My Name is Not

By: My Daughters

Sessions: 2a/2b Ages: Girls in grades 6th-8th & adults Room: 201

Girls will shout out names, words, or phrases that peers say that either Hurts their feelings, annoys them, disrespects them, makes them upset and angers them. After girls shout out words, phrases or names, the girls will discuss how to overcome the same negative stigmas, stereotypes, words, name calling or negative phrases. Girls will also participate in a labels activity. The girls will use tools or tactics that teach them how to establish positive self-awareness and evaluation in a fun and exciting way!



Navigating Friendships and Yourself

By: Texas Council on Family Violence

Sessions: 1 & 2a/2b

Ages: Session 1: Girls in grades 6th-8th

Sessions 2a/2b: Girls in grades 3rd-5th Room: 240

Growing up can be exciting, but it can also be challenging. One of those challenges is navigating relationships with lots of new people! We will talk about what makes a relationship exciting, healthy and how to stay true to yourself while embracing your newfound friendships. And just so you know, there will be a beach ball involved.



No More Drama! Restorative Strategies for Problem-Solving.

By: Austin Achieve Public Schools

Sessions: 1 & 2a/2b

Ages: Session 1: Girls in grades 6th-8th

Sessions 2a/2b: Girls grades 3rd-5th

Room: 236

We will learn how to use parts of restorative justice to help with any kind of drama! We will practice setting boundaries with friends, using "I statements," and strong apologies with a restorative twist. Great for girls who want less friend drama and parents who want to help girls be leaders in solving social problems.



Physical Activity or Social & Emotional Learning? Why Not Both?!

By: Girls on the Run Austin

Sessions: 1 & 2a/2b

Ages: Adults

Room: 237

Adult participants will be introduced to Girls on the Run through a video, presenter description, and a sample lesson. The lesson will provide adults with a tangible understanding of how Girls on the Run empowers girls in 3rd through 8th grade, using an interactive and hands-on curriculum. For example, participants will be asked to consider the meaning of "true beauty" through a movement exercise designed for all fitness levels.



Positive Discipline 101

By: Julie Burke Therapy

Session: 1

Ages: Adults

Room: 226

Positive discipline helps parents consider what their children are thinking, feeling, learning and deciding about themselves and the world they live in, as well as, what to do in the future to survive and thrive. This workshop will be an opportunity for parents to share challenges they face as a parent and will provide them with an introduction to Positive Discipline to help them gain tips & tricks to connect to their children in a more meaningful way.



Present like a Pro: Unlocking Inner Confidence Through Movement and Play

By: Samantha Schak

Sessions: 2a/2b

Ages: Girls in grades 3rd-8th

Room: 234

Whether you're presenting a group project or sharing an idea, you owe it to yourself to exude confidence and stand behind your thoughts. Through movement and play, Lindsay and Sam will take you through some activities you can do at home solo or as a group with your friends. These exercises are dedicated to harnessing your most powerful self, through practice in oral diction, power poses and comfort in "looking silly."



Professional Development: Growth Mindset

By: Girls Empowerment Network

Session: 1 Ages: Adults

Room: 201

This workshop, designed for educators and teachers, is to equip you with the tools you need to help students thrive in the classroom. We will explore how to use a growth mindset to increase student's belief in their abilities so they can be limitless. You will walk away with an understanding of fixed and growth mindsets, activity ideas to use with your students and a guide for how to incorporate more growth mindset in your classroom.



Professional Development: Trauma in the Classroom

By: Girls Empowerment Network

Session: 3 Ages: Adults Room: 235

This session is intended for teachers, and professionals who support teachers, who want to create a safe classroom environment where every student feels respected, validated and heard. This hands-on workshop will equip professionals with the knowledge to respond to trauma and related classroom triggers by learning and practicing creative ways to gauge the emotional climate in the classroom. Session participants will learn strategies for managing disruptive behaviors, how to set trauma-informed expectations, and an intentional self-care plan.



Puberty for Parents

By: Planned Parenthood of Greater Texas

Sessions: 1 & 2a Ages: Adults Room: 200

Puberty is a time of immense change. This can be an exciting, challenging and even overwhelming experience for children and parents. Talking with children is an important way that we can help them adapt. As adults have moved beyond their own adolescence, they may be out of touch with the experience of puberty. We will explore ways to help parents prepare for the physical and emotional changes that their children are experiencing and develop strategies around talking with their children.



Rebound & Renew!

By: Austin Rhythm & Drum

Sessions: 2a/2b Ages: All Room: Orchestra Hall

Austin Rhythm & Drum will deliver an experiential boomwhacker (tuned percussion tubes) rhythm and drum program for resilience and renewal! A boomwhacker instrument will be provided for each person so that they can participate in creating group music together. Deborah will welcome the participants and conduct an interactive program with fun, high-energy, drum circle facilitation activities that recharge and renew. Each participant will walk away uplifted, energized and empowered!

Redefining Beauty: Perfect or Bust for 6th-8th Grade Girls

By: Heather Hoover Director of Teen Circles with Global Sisterhood

Sessions: 2a/2b Ages: Girls in grades 6th-8th
Room: 215

Do you feel passionate about what messages are constantly being given to young women regarding their self-image through social media, advertisements, movies and much more? Do you want to take a stand for how "real" girls should be recognized in our world and feel empowered to share their unique gifts? We will play games, journal and cultivate leadership through sharing what's on our minds and hearts about growing up as a teen girl in the world today. Chocolate included:)



Robotics and You

By: Ouroboros 4545

Sessions: 1, 2a/2b & 3
Ages: Girls in grades 3rd-8th Room: 210

We want to share how robotics can open a world of knowledge and fun where you can also be yourself. We have a fun building challenge for you, called the marshmallow challenge! You will be able to work with others in this activity. We will show you how you can get involved in robotics and we will give you the resources to do so in the future.



Rock or a Starfish? The Power Within

By: Peace & Clarity

Session: 1, 2a/2b & 3
Ages: Session 1: Girls in grades 6th-8th
Sessions 2a/2b: Girls grades 3rd-5th
Session 3: Adults Room: 204

Discover your hidden power through guided meditation and mindful practices. Learn how you can use this power to make a difference in your life, build strong friendships, make good choices and improve your communication with your parents and teachers. Create a dream board, design a power rock, make a friendship bracelet.



She Climbs Mountains

By: Dr Yana Johnson Torregrosa & Gabriela Johnson Correia

Sessions: 2a/2b Ages: Girls in grades 6th-8th & adults
Room: 211

She Climbs Mountains workshop allows you to dream to be your best, reach your goals and prepares your mind to realize what is possible. This session you will hear from Dr Yana & Gabriela (mum and daughter) about the funny side of life in London and moving to Texas to start all over again. An interactive workshop with group discussions, sharing, dreaming, visualizing and believing you can do anything. You can even climb a mountain!



Silence Your Inner Comparison Queen

By: Monica Richardson Coaching

Sessions: 2a/2b
Ages: Session 2a: Girls in grades 3rd-5th
Session 2b: Girls in grades 6th-8th Room: 216

Do you ever hear a voice in your head that tells you that you're not good enough, smart enough, or pretty enough? Most girls do! Come to this workshop to learn how to silence your inner comparison queen, feel good about yourself and become your own best friend!



Soaring Rockets!

By: Girlstart

Sessions: 2a/2b Ages: Girls in grades 3rd-5th
Room: 117

3, 2, 1...Blast off! Engineer a stomp rocket with PVC pipe, plastic tubing, a water bottle and duct tape. Use your custom launcher to watch your rocket soar! Be creative as you decide how to most effectively launch your paper rocket across the room. Does changing the launch angle, stomp pressure, or rocket design help?



Speak Your Truth

By: Natalie Grigson & EmpowerED Pathways

Sessions: 1 & 2a Ages: Girls in grades 6th-8th

Room: 228

In this workshop, we'll play a variety of games and have some informal discussions on how to better state your boundaries, say NO and express your truth to the world. Vulnerability is strength - and so are boundaries. Here, we'll practice both, in a casual, don't-take-it-all-too-seriously setting.



Start the Ovulation: Menstrual Health, Cycle Awareness and FLOW

By: Born Into This

Sessions: 1 & 2a/2b

Ages: All

Room: 214

Menstruation cycles are often left out of conversations in school, family and even with our medical providers. Knowing what your cycle is telling you is a guide to many challenges and celebrations happening within our body, emotions and even productivity and learning! Join us to start the OVULATION where we will discuss how to track your cycle, what to expect in each phase, naming hormones and learning about their roles, and how to talk to your children about cycles.



Stories Worth Telling: Films from the Girls Impact the World Film Festival

By: Girls Impact the World Film Festival

Sessions: 2a/2b Ages: Girls in grades 6th-8th & adults

Room: 241

Come watch a series of 5-minute films from Austin's Girls Impact the World Film Festival, which provides a powerful platform for youth to spark a conversation about issues affecting women and girls globally, such as self-image, environment and girls in tech. See how girls around the world, using basic filmmaking skills, are making short films and using them to advocate for change. After the screening, we'll discuss the issues covered in the films and come up with our own ideas for a short film.



StoryTELLit: Stop Explaining and Start Engaging

By: Kim Caldwell, Caldwell Connect

Sessions: 1 & 2a/2b

Ages: Girls in grades 6th-8th & adults Room: Library

Stories are our fast-track to connection. Telling the right story can spark a partnership that changes the world! This session will explore why stories are so important, how to find the right stories to share and how to tell that story in a powerful way. You will leave the session with a clearer understanding of your values, a story ready to share and ideas for many more!



Success Through Resilience

By: Alisha Cahue and Mrinalini Shah (Co-presenters), Leadership and Ethics Institute UT Austin

Session: 1

Ages: Girls in grades 3rd-5th

Room: 229

Life can be tough! How do you push through it? In our workshop, we'll play a few games to help us learn how to be stronger, more resilient and stand up when we fall down. There will be hula hoops, helper words and mindful techniques. There will also be time at the end to involve adults in how they can encourage resilience in their children as well.



Surviving In Someone Else's World: Using Fanfiction to Create Comics

By: Shannon Brewer

Sessions: 2a/2b & 3

Ages: All

Room: 13

Have you ever wondered what it would like if Harley Quinn never met the Joker? Are you certain Sabrina and Jughead are just one crossover away from the perfect couple? If so, join comic creator, Shannon Brewer, as she teaches you the tricks and tips of learning the rules of someone else's world and how to bend them to craft the perfect story only you can tell.



The Challenges of Caregiving

By: Texas Council on Family Violence

Session: 3

Ages: Adults

Room: 240

Watching our daughters grow up and develop their own personalities, relationships and world can be overwhelming and scary. We want the best for them, and it is hard to watch them make their own decisions, especially when we know it will end in heartache. However, as caregivers, we have the opportunity to empower them through love, education and discussion.



The Dumpster Project

By: The Dumpster Project

Sessions: 2a/2b

Ages: Session 2a: Girls in grades 3rd-5th

Session 2b: Girls in grades 6th-8th

Room: 223

The Dumpster Project is converting a used trash Dumpster into an environmentally-friendly home. Why? Because we think that learning how to live in a small space teaches us a lot about how to save the planet through conservation, inventions and creative problem-solving. In this workshop, you will help us explore a bit of "dumpster science" as we filter water with natural materials, explore how pollutants affect our air and test out different sources for biofuel generation.



This is Me!

By: My Daughters

Session: 3

Ages: Girls in grades 6th-8th & adults

Room: 201

All girls will stand between two lines. The group leader will call out stereotypes, negative/positive words or phrases for girls to step out of the middle to the sides as they discover what stereotypes & perceptions are and aren't. Girls must make a decision. No one is allowed to stay in the center. Girls will then transition to part II. The activity will allow for more open group discussion and allow for individual expression as girls step into circle if certain words apply to them.



Trust the Process

By: Monica Dorsey

Sessions: 2b & 3

Ages: Session 2b: Girls in grades 3rd-5th

Session 3: Girls in grades 6th-8th

Room: 101

We will be creating Kool-Aid! Everyone will get a sugar packet and a Kool-Aid packet. The importance of waiting for the ingredients to come together will be highlighted.



Turning Parts into ART

By: Dell Technologies

Session: 1

Ages: Girls in grades 3rd-5th

Room: 117

Ever wonder what's inside a laptop that lets you play games, watch videos and do your homework? Explore the inside of a computer and understand how these parts are used to create a working system. We'll then take those parts and have a hands-on experience turning each piece into art! In the process, you'll see how Dell uses recycled materials in our products and packaging.



Unleashing Creativity Through Robotics: Scribblebots!

By: Vandegrift Viperbots 7161 Hydra

Sessions: 2a/2b

Ages: Session 2a: Girls in grades 3rd-5th

Session 2b: Girls in grades 6th-8th

Room: 230

Learn about the awesome world of robots! In this workshop, create your very own mini drawing robot and watch art be made right before your eyes! Hear about all the wonderful ways robotics can empower you to learn new things and discover new opportunities in the world of STEAM (science, technology, engineering, art and math).



Use Your Voice: Create Your Story

By: Ashley Noelle Jackson

Sessions: 2a/2b & 3

Room: 225

Ages: All

Have you ever had a story inside of you that you wanted to share with the world? Use Your Voice: Create Your Story is a platform for girls to create their first script and learn the art of storytelling. The girls learn acting and screenwriting techniques in order to create their story. Each girl will receive a journal to create their play and have a chance to perform their work in front of the class.



Virtual Reality with Latinitas

By: Latinitas

Sessions: 2a/2b & 3

Ages: Session 2a/2b: Girls in grades 6th-8th

Session 3: Girls in grades 3rd-5th

Room: 217

Have you ever wanted to learn to make a video in virtual reality? Want to watch what you make using a VR headset? Learn how to make your own VR movie with Latinitas and take your ideas from start to the 3D big screen!



What's Love Got To Do With It?

By: Julie Burke Therapy

Sessions: 2a/2b & 3

Ages: Girls in grades 6th-8th & adults

Room: 226

How do you show your child you love them? There isn't a right or wrong answer to that question, per se, however, are you speaking their love language? A love language, as developed by Gary Chapman, reflects how you want to be shown (by others) that you are valued and appreciated. Come learn about love languages (take the quiz to determine yours!), to discover how to connect with your children & loved ones in the most meaningful ways.

EN ESPAÑOL

(ES) Comprendiendo y Comunicando con su Adolescente

By: Con Mi MADRE

Sesión: 1

Edades: Adults

Ubicación: 241

Vamos a comprender la importancia del rol de los padres durante la etapa de adolescencia y practicar comunicación efectiva. Esto ayudara a crear un ambiente positivo para desarrollar su relación con su adolescente.

(ES) El Poder de la Autocompasión

By: Girls Empowerment Network

Sesión: 3

Edades: All

Ubicación: 237

Este año, Girls Empowerment Network facilitara una sesión completamente en Español para niñas y los adultos que cuidan de ellas! El tema será Autocompasión- el acto de tratarte a ti misma con la misma amabilidad, cuidado y compasión que le darías a aquellos que más amas. Acompañanos en una discusión y en actividades divertidas para aprender acerca de la autocompasión y cómo puedes practicarla y utilizarla en tu vida.

(ES) (ASL) La Heroe en Mi

By: Aisha Thomas

Sesión: 1

Edades: All

Ubicación: Performing Arts Center

¿Sabías que tienes el poder de escribir tu propia historia de cuento de hadas? Una historia de la vida real en la que tu eres la propia heroa, y puedes crear tu propio final. Aprende sobre tus súper poderes, qué personajes debes incluir, eliminar o agregar a tu historia y cómo tu historia tiene el poder de impactar a los demás y al mundo.

(ES) (ASL) Enciende TU poder!

By: Girls Empowerment Network

Sesión: 1

Edades: All

Ubicación: Performing Arts Center

Unete con nuestras creadores de confianza en una actividad divertida e interactiva de uno de los módulos de autoeficacia de Girls Empowerment Network: ¡el manejo del estrés! Ven a ser parte de nuestra misión y ENCENDER el poder que hay en ti. ¡Las niñas podrán aprender habilidades de afrontamiento que incluyen meditación y manualidades!

(ES) (ASL) ¡Apoderar! Encender y Aparecer

By: April Bowman

Sesión: 1

Edades: All

Ubicación: Performing Arts Center

¿Sabes que tienes algo tan especial sobre ti que nadie más tiene? Quien TU eres es un regalo para este mundo. Como chicas, tenemos algo que es incluso mejor que la magia, ¡tenemos PODER! La clave es entender cómo aprovechar lo que ya está dentro de ti. ¡Ven lista para bailar, hablar y ser empoderada!

POWER CHATS

Master Conversation and Become a Boss

By: Girls Empowerment Network

Ages: Girls in Grade 8 ONLY

Time: 10:15 a.m. - 12:00 p.m.

Room: Small Gym

Come join us for a special small group discussion about career advice! You'll be meeting with adult volunteers and other girls in grades 8-12 who are also interested in meeting community leaders, asking questions about careers and sharing your personal goals. The volunteers who will be speaking are in the following fields: entrepreneurship, law, marketing, archaeology, writing, finance, social media, and many more!

Discussions will be guided by Girls Empowerment Network staff. We welcome ambitious 8th graders who would like to come speak with relatable role models to learn about career paths and practice professional skills in a supportive environment.

PLAN YOUR DAY

Top 3 Workshop Choices

Session 1	Session 2a/2b	Session 3
1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____

WE ARE GIRLS BREAKOUT SESSION PRESENTERS

Aghaeze-Maple Enterprises, LLC
ucheonyemaple.com

Andi DuMont
andromedadumont.com

Ashley Noelle Jackson
ashleynoellejackson.com

Austin Achieve Public Schools
austinachieve.org

Austin Intercultural Network
austincultural.org

Austin Rhythm & Drum
austintrhythmanddrum.com

Born Into This
bornintothis.co

Camp Lantern Creek
camplanterncreek.com

Con MI MADRE
conmimadre.org

Dance Another World
danceanotherworld.org

Darcy Scott Counseling
darcy-scott.com

Dell Technologies
dell.com

Diana Tulumba
dianatulumba.com

DPR Construction
dpr.com

Dr. Yana Johnson Torregrosa & Gabriela Johnson Correia
dryanajohnson.com

Ela London
ela-london.com

Frost Bank
frostbank.com

Girls Impact the World Film Festival
connecther.org

Girls on the Run Austin
gotraustin.org

Girlstart
girlstart.org

Heather Hoover Director of Teen Circles with Global Sisterhood
globalsisterhood.org

Iodine Software
iodinesoftware.com

Julie Burke Therapy
jburketherapyatx.com

Kim Caldwell, Caldwell Connect
aldwellconnect.com

Latinitas
latinitasmagazine.org

Mary Kay
Marykay.com/theresapore

Microsoft
microsoft.com

Monica Richardson Coaching
monicarichardsoncoaching.com

My Daughters
jannamichelle.com

Natalie Grigson & EmpowerED Pathways
NatalieGrigson.com

Nutritional Wisdom
nutritionalwisdom.com

Ouroboros 4545
4545ouroboros.org

Paycom
payacom.com

Peace & Clarity
mypcforlife.org

Planned Parenthood of Greater Texas
ppgreatertx.org

Sakina Ibrahim
sakinaibrahim.com

Samantha Schak
handsome.is

Shannon Brewer
comicsaustin.com

Strong Girl Spirit
terrienathan.com

Synergy Dance Studio
synergydancestudio.com

Tesleigh Eure, LMSW
saltandgracellc.com

Texas Council on Family Violence
tcfv.org

Texas Junior Roller Derby
txjrd.org

The Austin Outlaws
austinoutlaws.com

The Dumpster Project
dumspsterproject.org

The Girls' School of Austin
thegirlsschool.org

Vandegrift Viperbots 7161 Hydra
7161hydra.com

Vicki Parsons
balletaustin.org

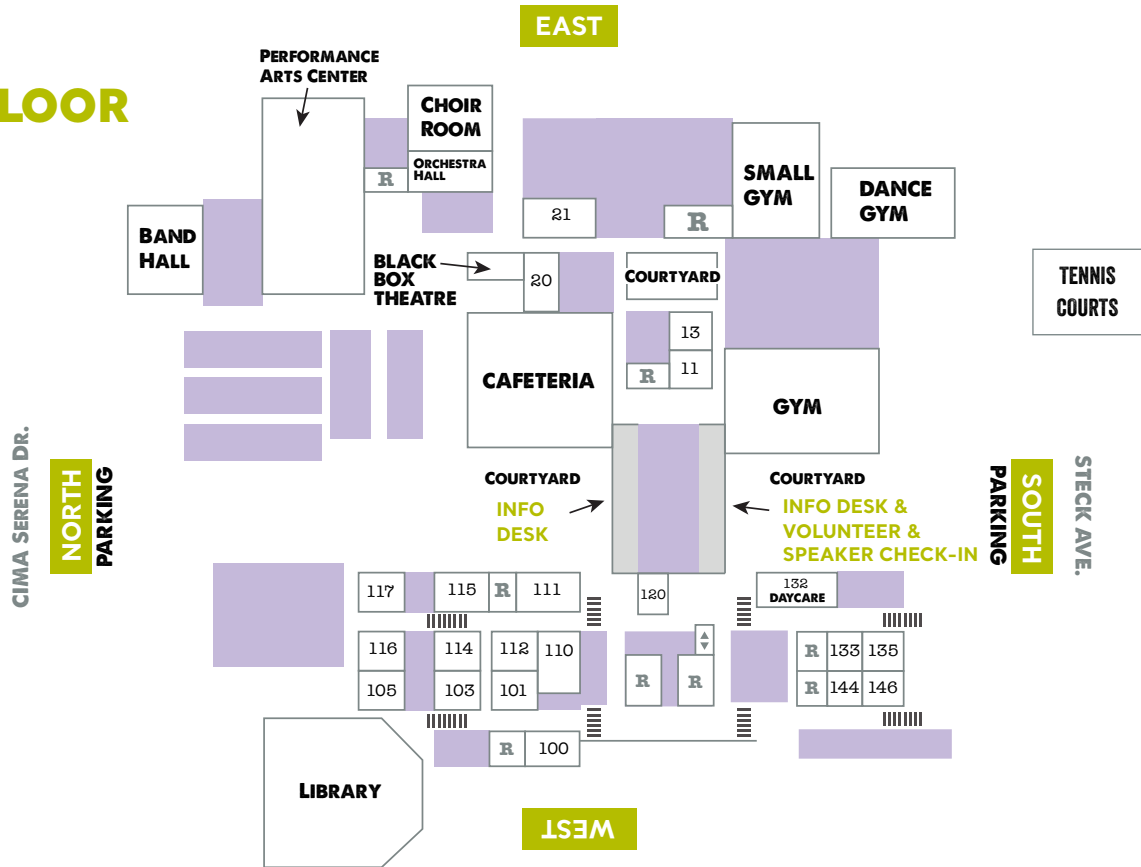
Wild Things Zoofari, inc
wildthingszoofari.com

Zen Bug Yoga
zenbugyoga.com

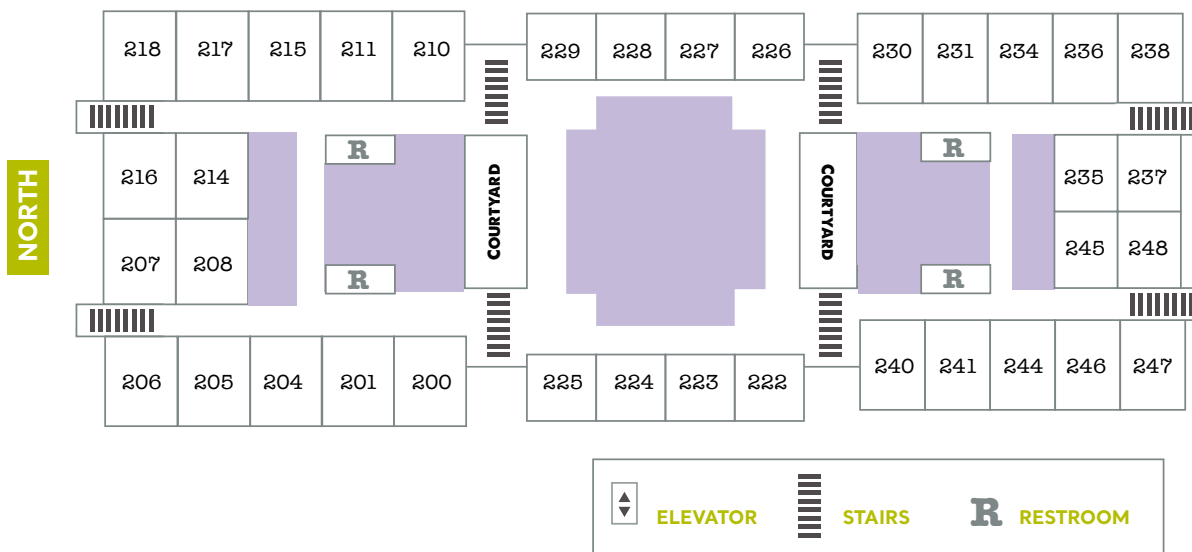
GETTING AROUND ANDERSON HIGH SCHOOL



1ST FLOOR



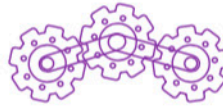
2ND FLOOR



Evaluations from Girls Empowerment Network's programs reveal...



89% reported belief in their own ability to achieve their goals



90% reported the ability to solve problems if they give their best effort



98% said they would recommend Girls Empowerment Network to a friend



87% reported pro-social bonding with other girls

What Our Network is Saying...

Girls Empowerment Network didn't toss self-confidence and courage in my lap. They didn't write out a list of instructions for me to follow everyday for me to be powerful. They gave me a mirror and said everything I need is in me, and I'm always going to be grateful for that.

Pathfinder Participant

I am so thankful to be a part of this group. I trust you so much more than anybody else at my school.

Girl Connect Member

School Partner

I have seen a huge change in my girls that attended Girl Connect. They have the confidence they need as girls and Girls Empowerment Network empowers them to accomplish their goals!

This conference taught me that women are strong and powerful people!

We Are Girls Attendee

Some girls don't feel comfortable in who they are, but Camp lets you take that mask off and be you! Plus, the counselors actually listen to you and say "I feel you". They are very special, they understand you.

Camp Attendee

By proxy, y'all have empowered me too. I have found my voice and I use it now.

Parent

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CAMP

Girls Empowerment Network

Our summer day camp serves girls in grades entering 3rd-8th. Camp girls participate in fun, interactive workshops during two week-long sessions that are designed to ignite the power in girls and teach them skills to thrive and believe in their ability to be unstoppable. Girls who join our summer day camp will gain new skills, new friendships, and a new sense of self!



Interested in a 10% discount for camp? *
Email Claudia Arellano at
claudiaa@girlsempowermentnetwork.org

SEE YOU AT CAMP!

*Offer Lasts Until December 15th



PATHFINDER

Girls Empowerment Network

Girls Empowerment Network's Pathfinder Leadership Summit is a personal and professional development program aimed at giving rising 9th-12th grade girls a head start on their road to independence, college and career.



Visit our website for information on how to apply for our week-long Leadership Summit in June!

SEE YOU AT PATHFINDER!

 facebook.com/GirlsEmpowermentNetwork

 [@Girls_EN](https://twitter.com/@Girls_EN)

 [@GirlsEmpowermentNetwork](https://instagram.com/@GirlsEmpowermentNetwork)

[#WeAreGirlsTX](https://twitter.com/#WeAreGirlsTX)