



Adolescent Girls: Fostering Courage, Strength and Compassion

Participants gain an understanding of how adolescent girls make moral choices and how those choices effect their relationships. Susan explains the transition from girl to women and the implications for moral development, the power behind the media and it's role in molding young women.

Because relationships and connectedness are so important to females, they will often conform to society's expectations rather than stick up for their true selves. Susan addresses how to be positive role models for girls, key issues in their relationships, and how our social environment shapes their attitudes. Participants will learn practical skills and strategies to assist girls to be strong and peaceful and to become clear, focused, and centered.