



CAMP GIRLPOWER! SERIES 1

Life for girls is stressful and challenging, leading to low self-esteem. GirlPower! is a unique program that coaches girls through confidence building exercises using equine partners, all while learning important life skills. Horse work is from the ground, no riding is involved.

- 6 WEEKLY 1-HR SESSIONS
- SMALL GROUPS FOR AGES 7-12
- PROGRAM WORKBOOK
- REGISTRATION FEE \$150

TOPICS INCLUDE;

- HORSEMANSHIP SKILLS (GROUND WORK)
- EFFECTIVE COMMUNICATION
- ANXIETY & STRESS MANAGEMENT
- MULTI-MEDIA RESPONSIBILITY
- BUILDING RESPECTFUL RELATIONSHIPS
- GOAL SETTING

FOR FULL DETAILS, GO TO OUR WEBSITE:
WWW.SUMMITCENTRE4TR.COM

Summitcentre@outlook.com

GIRLPOWER!

Description & Mission

Girls reach their peak self-esteem around the ages of 7-9, while boys self-esteem will continue to climb.

Our non-riding program is designed to build self-esteem through fun activities using human and equine relationships. The girls will interact with horses while completing horsemanship tasks, such as; grooming, feeding and leading horses through obstacle courses.

Our equine partners will instill a sense of responsibility, self-esteem and leadership.

Life Skills brought to life while interacting with the group of participants and horses, what could be better?

There will also be a family workbook so everyone can work on communication and relationship skills.

For those girls wishing to continue their education, we offer 2 more series focusing on relationships and leadership.

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Agenda Series 1

SESSION 1 WHAT'S IN A WORD

Use of positive words to describe self and others and emphasis on inclusion and being different.

SESSION 2 JOURNEY STARTS HERE

Introduction into journaling, goal setting and group support.

SESSION 3 COMMUNICATION

The art of communication and dealing with conflict and difference of opinion.

SESSION 4 RESPECTFUL RELATIONSHIPS

How are relationships formed and maintained? What kind of work goes into maintaining a relationship and the definition of a friend.

SESSION 5 FEARS & SELF ENCOURAGEMENT

Use of anxiety and stress exercises.

SESSION 6 SOCIAL MEDIA RESPONSIBILITY