

DREAMS...



Don't Be Scared to Follow Them!



Educate
Empower
Encourage

Self Help Guide for
Young Ladies

“Developing & Planning Your DREAMS!”
Workshop Informational Packet

Womanhood

Sisterhood

Livelihood

Building Innovative
Women &
Productive Community
Leaders!

Experience!

Written by: T. EnStacia White

3 WORKSHOPS & 1 SEMINARS

Girls Talk” Mentoring Program:

(Womanhood, ROLE Model/Personal Hygiene & Relationships)

- Each workshops can run **from 6-12 weeks** and accommodates **10-25 students max.** Our recommendations are that you start off facilitating with a group of 10-15 girls! *(unless it is the ROLE Model Kit, this kit is suitable for unlimited participants)*
- Each toolkit contains enough teaching materials for **25 students max.** If you have a larger group, you'll want more than one toolkit! *(unless it is the ROLE Model Kit, this kit is suitable for unlimited participants)*
- Depending on the size of your workshop, we recommend **1-2 Facilitators**
- All the material you need to facilitate this workshops are included in the Instructional Kits. Student workbooks are also available for \$20 per student.

Boss Lady Entrepreneur Training Seminar:

- Is a 4-6 hour seminar to empower and educate young ladies on what it takes to be effective leaders and how to start laying the foundation to becoming an entrepreneur. Topics: Leadership, Business 3 C's, Professionalism and Business Planning
- This seminar can accommodate **25-100 youth and should be open to the community.**
- We recommend **4 Facilitators** for this seminar and **8-10 volunteers** depending on the size of the seminar.
- All the material you need to facilitate this program is included in the Instructional Kit.

Teen Pregnancy Prevention Seminar

- Is a 4-6 hour seminar to educate young ladies on how to honor the bodies and understand the importance of planning their life by withholding from unprotected sex.
- This seminar can accommodate **25-100 youth and should be open to the community.**
- We recommend **4 Facilitators** for this seminar and **8-10 volunteers** depending on the size of the seminar.
- All the material you need to facilitate this program is included in the Instructional Kit.

WORKSHOPS HAVE TWO BREAKOUT SESSIONS:

GIRLS LETS TALK...

Are fun interactive, engaging activities to get positive conversations started with the young ladies in the group!

LETS CONNECT..

[m/dreamsorgsinc/](http://www.dreamsorgsinc/)

Are team grouped activities that allow the girls the ability to create, generate and build a personal and peer educational assessment on life.

DREAMS Workshops Series 2: Planning Your DREAMS!

3 WORKSHOPS & 1 SEMINARS

Girls Talk" Mentoring Program:

(Creating & Embracing your DREAMS, Planning for College, Saving/ Budgeting/Stock Market & STEAM)

- Each workshop can run **from 6-12 weeks** and accommodates **10-25 students max.** Our recommendations are that you start off facilitating with a group of 10-15 girls! *(unless it is the ROLE Model Kit, this kit is suitable for unlimited participants)*
- Each toolkit contains enough teaching materials for **25 students max.** If you have a larger group, you'll want more than one toolkit! *(unless it is the ROLE Model Kit, this kit is suitable for unlimited participants)*
- Depending on the size of your workshop, we recommend **1-2 Facilitators**
- All the material you need to facilitate this workshop are included in the Instructional Kits. Student workbooks are also available for \$20 per student.

Suicide & Bullying Seminar:

- Is a 4-6 hour seminar to educate young ladies on the importance of communicating with trusted peers and adults when being bullied or feeling suicide. Giving the girls tools to use when they find themselves in this situation.
- This seminar can accommodate **25-100 youth and should be open to the community.**
- We recommend **6 Facilitators** for this seminar and **8-10 volunteers** depending on the size of the seminar.
- All the material you need to facilitate this program is included in the Instructional Kit.

Drug Abuse Prevention Seminar

- Is a 4-6 hour seminar to educate young ladies on how drugs can alter the course of their lives.
- This seminar can accommodate **25-100 youth and should be open to the community.**
- We recommend **4 Facilitators** for this seminar and **8-10 volunteers** depending on the size of the seminar.
- All the material you need to facilitate this program is included in the Instructional Kit.

WORKSHOPS HAVE TWO BREAKOUT SESSIONS:

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Are fun interactive, engaging activities to get positive conversations started with the young ladies in the group!

LETS CONNECT..

For Support or questions: Follow DREAMS Orgs. Inc on Facebook @ <https://www.facebook.com/dreamsorgsinc/>
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This Instruction Workshop Manual
DREAMS Don't Be Scared to Follow Them!
Volume 1: Developing Your Dreams
Volume 2: Planning Your Dreams
Teacher's Edition

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Summary: Self help manual for young women