

# GROWING ADOLESCENT LIFE SKILLS



## GIRL SCOUT LEADERSHIP WORKSHOPS

GEARED TOWARDS EMPOWERING GIRLS TO BECOME LEADERS IN THEIR COMMUNITY.

Thrive Together offers empowering workshops designed to help kids build confidence, self-awareness, and strong interpersonal skills. The **"I AM... I CAN... I WILL"** workshop celebrates each girl's unique qualities while promoting values that align with Girl Scout principles. Through activities focused on friendship, embracing differences, creative self-expression, and respectful behavior, participants learn what it means to be a good friend, how to nurture relationships, and how to value their individuality—all key traits in becoming courageous, caring, and responsible members of their communities.



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# GIRL SCOUT LEADERSHIP

## WORKSHOPS

2026

### Workshop Topics



#### **"A Girl Scout is courageous and strong."**

Thrive Together helps girls explore and celebrate their individuality in the "I AM" section of the workshop, encouraging them to be proud of who they are. This aligns with the Girl Scout trait of being courageous and strong, as girls learn to embrace their differences and stand tall in their uniqueness.

#### **"A Girl Scout is responsible for what I say and do."**

In the "I CAN" section, girls develop healthy ways to manage emotions like anger, sadness, and disappointment. They learn mindfulness techniques and emotional regulation skills, reflecting the Girl Scout value of taking responsibility for one's actions and reactions—even during difficult moments.

#### **"A Girl Scout is a sister to every Girl Scout."**

The "I WILL" portion emphasizes friendship, kindness, and inclusion. Girls explore what makes a good friend, how to nurture positive relationships, and how to embrace differences in others. These lessons support the Girl Scout trait of being a sister to every Girl Scout, promoting compassion, empathy, and respect in all relationships.

**Together, the "I AM... I CAN... I WILL" workshop complements the Girl Scout mission by helping girls grow into resilient, kind, and confident individuals—true to the Girl Scout Promise and Law.**



"I LIKE [THRIVE TOGETHER] BECAUSE IT HELPS YOU EXPRESS YOURSELF AND IT HELPS YOU BOOST YOUR CONFIDENCE. MY FAVORITE ACTIVITY IS THE CRAFTS AND ART THAT GO TOGETHER WITH THE LESSON.

—DELANEY, GIRL SCOUT PARTICIPANT  
MEADOWVIEW ELEMENTARY



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