

# A WORKSHOP FOR GIRLS



This workshop for girls is anchored on one powerful belief. You can't be a force for positive change in the world until you've learned how to love and respect yourself first. In this inspiring, hands-on workshop, we will be talking about how we all have the opportunity to make our mark in the world in unique and wonderful ways -- and how we can inspire other girls and women to dare to follow their own unique paths.

## About your workshop leader



*Ann Douglas is a bestselling parenting book author and highly popular speaker. She is also the author -- along with her daughter Julie -- of **BODY TALK: THE STRAIGHT FACTS ABOUT FITNESS, NUTRITION, AND FEELING GREAT ABOUT YOURSELF** (an award-winning book for preteen girls). Ann writes for ParentCentral.ca, Yahoo! Canada, and numerous other publications; and serves on the advisory board for Invest in Kids and the Board of Directors of the Peterborough Victoria Northumberland YWCA. See [thestar.blogs.com/anndouglas](http://thestar.blogs.com/anndouglas)*