



Workshop Information

Project 31 host bi weekly or monthly workshops for girls ages 11-18. These workshops address topics such as self-image, peer communication, conflict resolution, etiquette, college/career preparation and leadership skills. Our teams come directly to your school and help girls think positively. We equip them with the tools necessary to make high quality life choices. Young ladies in the program are encouraged to set goals and we support them through junior high, high school, college and beyond.

Our age appropriate workshops are carefully planned, and developed to address the issues pre-teen, and teen girls face. Our workshops are fun, informative and hands on. They open the lines of communication and provide real life solutions that teens can use in their everyday lives.

{Workshop Format}

A typical Project 31 workshop last 60-90 minutes afterschool and follow the following structure:

- **Objective:** Provides a clear look at what the workshop intends to accomplish
- **Prompt:** A series of questions and/or research that get the girls engaged in the topic and opens up the floor to honest dialogue.
- **Activity:** Designed to be interactive and supportive of the main topic. Our activities are custom developed to suit the topic and can include role playing, crafting vision boards, fashion designing, writing a budget, or even cooking.
- **Life Application Challenge:** At the end of each workshop the girls are challenged to take a principle from the workshop and apply it in their lives. Participants always leave the workshops with resources and are encouraged to share their positive experiences with others.

{Projects}

Community Based Projects: Compassion is a core value of Project 31. Over the course of the program the girls will adopt and participate in two community service projects. We desire to teach the importance of getting outside of one's self and serving others.

Exposure Projects: We seek to provide the girls with opportunities that they may not encounter in a daily setting. Exposure projects challenge girls to leave their comfort zones and experience something different. These projects are selected by the group and can vary, from a trip to a fine dining establishment to practice etiquette or participating in a cultural dance class. The possibilities are endless

To discuss a customized program for your school please contact us:

info@the31project.org