

CENTER OF EXCELLENCE:

# Life Skills

***Our mission is to inspire girls to reach their potential through programming that focuses on financial literacy, healthy living and personal development.***

Juliette Gordon Low, the founder of Girl Scouting, envisioned an organization that would bring girls out of their homes to serve their communities, experience the out-of-doors, and have the opportunity to develop “self-reliance and resourcefulness.”

In 1928, a girl could earn a badge in millinery, dressmaking or hosting a dinner party, but she could also earn a handywoman badge, an economist badge or a business woman badge! And, while basic life skills, like first aid and cooking, were always part of the badge selection, Low was progressive enough to establish an aviation badge – even before women could vote.

Now, whether a girl is interested in learning how to invent something new, design a website, go letterboxing, take a hike, draw a comic, find out about the nanotechnology used in fabrics, improve her public speaking skills, write a novel, or save someone’s in the life in the wilderness –there’s a badge or a program for her.

When a Girl Scout sells you cookies, she’s doing more than just handing you a box. She’s creating a plan, interacting with customers, and working as part of a team. She’s building a lifetime of skills and confidence.

The \$700 million Girl Scout Cookie Program is the largest girl-led business in the country. In fact, many successful business women today say they got their start selling Girl Scout Cookies. Selling cookies teaches goal setting, decision making, money management, people skills, and business ethics – aspects essential to leadership, to success and to life.

The Girl Scout Cookie Program empowers a girl with the strength, abilities, and drive to become an accomplished woman who benefits herself, her family and the world.

Through the Be a Friend Forever program, girls get to explore thorny issues like peer pressure, stereotyping, gossip, and cliques through engaging role-plays, creative writing, games, and discussion exercises. They can also create and lead projects in their schools and communities to tackle bullying issues on their terms and turf.

In partnership with Dove and Girl Scouts of the USA, we recently launched Free Being Me, a leadership initiative focused on helping girls better understand global definitions of beauty, define beauty for themselves and boost their self-confidence in the process.

Free Being Me will help girls understand from a global perspective that a greater diversity of beauty exists and give them opportunity to take action to promote this diversity to girls locally and globally.



## EXAMPLES OF PLANNED PROGRAMS INCLUDE:

### “The Future’s So Bright” Series

Girls learn from Girl Scout alumnae, and other women, about career options – both traditional and non-traditional in a myriad of ways. Speaker series, panel discussions and visits to factories, offices, design studios, and theaters all over New England will bring the careers to life and give girls a first-hand look at a day in the life of ...an actor, a chemist, a doctor, a physical therapist, an airline pilot, a veterinarian, a structural engineer, a film maker.

With the help of technology, girls will be able to speak live with a humanitarian at work in a Sudanese orphanage about the challenges and joys of her job. A judge could take the girls on a virtual tour of her chambers. The possibilities for inspiration and interaction are endless.

### A Day for Healthy Living

With leadership, comes stress. With a career comes the challenge of life-work balance. A successful leader has the tools to deal with these inevitable byproducts of a modern life. A day of healthy living workshops will introduce girls of all ages to unique ways to work exercise and stress busting into a busy schedule – fencing, gardening, dance, yoga and journaling. Girls will also sample and taste new and inexpensive healthy foods, then prepare a meal using those foods. The day-long event will result in a group meal and a lively discussion about sustaining a healthy lifestyle.

### Entrepreneurship 101

A series of programs will introduce girls in a fun, hands-on way to the exciting world of entrepreneurship: behind the scenes tours of start-up operations, panel discussions with young executives who have only recently launched new products and services. Girls will learn the basis of creating a business plan, hear from venture capitalists, and learn how social media is changing the face of advertising and marketing.

Natural partners in this endeavor: Business programs at RI’s and MA’s colleges and universities, as well as the Center for Women and Enterprise, and RI Small Business Journal.



“Our vision for the Girl Leadership Experience Center is a girl-led hub of creativity, connectivity, exploration, and inspiration, brimming with energy and exchange. The Center is a safe, accessible, and fun place where ALL girls can come to discover and celebrate the greatness in themselves, others, and the world around them. Here, we recognize that the future is both our shared responsibility and our shared reward.”



  
girl scouts  
of southeastern  
new england