



ST LUKE'S INNOVATIVE RESOURCES
WARMLY INVITES YOU TO...



Adventures in *girltopia*



A ONE DAY WORKSHOP FOR ADULTS

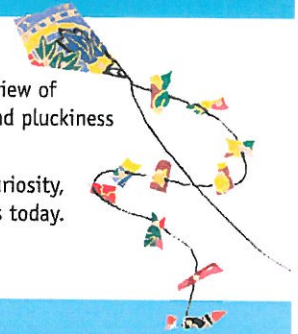
Supporting healthy transitions through puberty and adolescence for girls

In our roles with girls we can draw on their natural drive for communication and connection to facilitate supported, intentional conversations. When these are focussed to notice strengths and have an overall celebratory and optimistic view of growing up—with all its joys, distresses, thresholds, challenges and achievements—they can support girls' resilience and pluckiness as they step toward adulthood.

In this workshop we will look at oodles of ways of using the *girltopia* cards to trigger stories, questions, reflections, curiosity, awareness and learning. These dynamic conversations will help bring to light, and transform, many problems facing girls today.

During the workshop we will explore:

- the core issues underneath many of our current concerns for girls: low self-esteem, bullying, eating disorders, body issues, objectification and managing relationships
- the (powerful) changes of the teen girl brain
- the dance of oestrogen and progesterone: puberty, the menstrual cycle, common teen menstrual problems and the impact of these on overall wellbeing
- stressors and melioris: the ongoing dynamic between rising to a challenge and the skill of self-soothing
- the power of questions and non-directive conversations
- ways to teach and support active listening
- guidelines for setting up safe, supported conversational spaces with girls and young women
- using the cards for groups, individuals, families, journalling and private reflection
- using the cards for storytelling, goal setting, promoting emotional, social and body literacy and for study, projects and research
- how to frame activities with the cards to suit the girls and young women you work and live with, and address *their* concerns.



'I have had a chance to look through your fantastic resource *girltopia* - the presentation is brilliant... They are a really great, positive and attractive tool and I think the topics you've covered are very diverse and relevant... it'd be great if every person who worked with girls had these.'

Dannie Rowlands,
The Butterfly Foundation

This workshop will be of particular interest to youth workers, teachers, counsellors, welfare workers, health professionals and mothers. It's also for anyone wishing to explore important foundations in a woman's journey to maturity – no matter what her age.

THE FACILITATOR

Adventures in *girltopia* facilitator **Jane Bennett** is a social worker, writer and educator. She is the author of *girltopia* (Innovative Resources, 2010) and *A Blessing Not a Curse* (Sally Milner, 2002), and co-author of *The Pill: Are You Sure It's For You?* (Allen and Unwin, 2008) and *The Natural Fertility Management Kits for Contraception and Conception* (NFMKits, 2004). Jane works with The Rite Journey training teachers to facilitate an in-school program for Year 9 girls, and has run the popular *A Celebration Day for Girls* workshop for 10-12 year old girls and their mums since 2000. Since 2012 Jane has been training and mentoring women to facilitate this programme in the UK and Australia.

WHEN: 9.30am—4.00pm; Wednesday 22 July 2015
WHERE: Academic Centre, University College, 40 College Crescent, Parkville VIC 3052
COST: \$260.70 (Includes one set of *girltopia* cards)
REGISTRATION: Required prior to the workshop. Please post/fax the attached registration form, or register online: www.innovativeresources.org (search for *girltopia* Workshop)
 For more information email: info@innovativeresources.org



www.innovativeresources.org

Innovative Resources is a not-for-profit publisher and bookseller; all sales support child, youth, family, and community services.