

Tween



Empowerment

Release Your Inner Awesome at Sole Girls!

Did you know that over **50%** of all girls say they wish they were someone else? **Let's change this!**

Sole Girls is a tween empowerment program for girls grades 3 to 7 that builds self confidence through non-competitive physical activity, mentorship and discussions.



Workshop Topics

Sole Girls Workshops provide girls a hands-on experience through fun activities, role-plays and mentorship. Through discussions and physical activity girls learn tools to build confidence, live a healthy lifestyle, make friends and feel good in their body.

Friends and Frenemies

Nutrition and Health

Confidence and Self-Esteem

Pricing

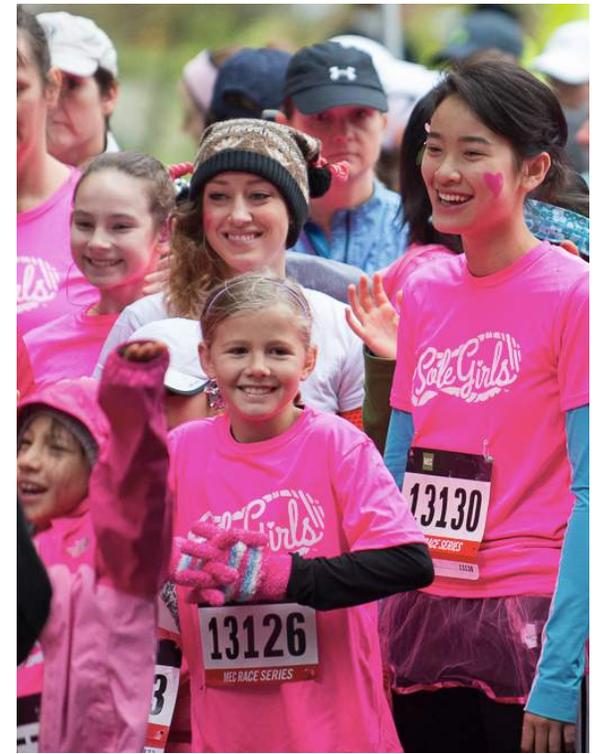
1 Hour	1/2 Day	Full Day
\$100	\$250	\$500

Interested in an extended program? Ask us about **Weekly Sessions!**

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Sole Girls was life-changing for the girls at our school. After the program, we noticed far fewer incidents with the girls in that age group.

- School Principal



How to Book

1. Choose a Date and Time
2. Select Your Topics
3. Get In Touch With Us
4. Invite Your Audience

All Workshops are Customizable!

Contact Info

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