

# **Bold New Girls**

We are hoping to bring a set of 5 interactive and hands-on workshops to Brantford focusing on the following topics:

- **Self-confidence**
- **Body image/body positivity**
- **Social media/screens**
- **Stress/anxiety/self-regulation**
- **Social skills/conflict resolution**



**Lindsay Sealey**

Creator and facilitator



**Mondays at 2pm (exact dates TBD)**

**Grade 5-7 girls**

**Cost will be approximately \$100**

**If interested please register here:**

<https://forms.office.com/r/EDR7duXGWV>

Lindsay Sealey, B.A., M.A. Ed., is a dedicated educator, a passionate keynote speaker, an empowering consultant, and the author of *Growing Strong Girls* and *Rooted, Resilient, and Ready*, and *Made for More*. She holds a B.A. from Simon Fraser University in Burnaby and an M.A. in Educational Leadership from San Diego State University. She is currently pursuing her Ph.D in mind-body medicine.

Lindsay is the founder of Bold New Girls™ and Brave New Boys™ – teaching and coaching designed to empower growing minds of all ages and with diverse experiences, to be healthy, happy, strong, and confident.

Lindsay is excited to dive into her philanthropic and advocacy passion projects and she currently serves on the Advisory Board for the Lindsey Vonn Foundation. She lives in Vancouver, British Columbia.

