



Jr Lady In Waiting Curriculum

Jr Lady in Waiting is a Virtual Mentoring Program for girls ages 8-17. Girls will receive monthly virtual training call, mentoring by me, Nina Motivates. We will have special guest speakers, event opportunities and so much more. Each girl will receive a copy of the book "Jr Lady In Waiting" as well as other monthly perks. Each girl will get a one-on-one bi-monthly call with mentor also.

Purpose/Why: To teach girls how to enjoy their youth, educate them on the growing up process and empower them to have healthy self-worth.

Where/When: 1st Monday (ages 8-12) 3rd Mondays (ages 13-17) 7pm CST via Zoom (link provided after sign up). Calls are 45 minutes each.

Objectives/Teaching Lessons:

1. Girls will learn how to enjoy their youth
2. Girls will learn what puberty is and how to care for self (age appropriate)
3. Girls will learn how to have good hygiene
4. Girls will learn proper etiquette
5. Girls will learn self-value and love
6. Girls will learn how to give back
7. Girls will learn life skills
8. Girls will learn how to be friendly
9. Girls will learn how to tackle emotions
10. Girls will learn how to maintain their identity as they develop
11. Girls will learn how to have fun

Girls will have a space to bond with other girls in the program as well as mentor. Girls will have time to ask and answer questions about anything that concerns them.

Jr Lady In Waiting is a full year program. It is \$20 a month. If pay upfront, \$200 for the year (\$40 savings).