

Dr. Tim Jordan's *Strong Girls, Strong World!* Leadership Programs for Girls



"Tim and Anne made a significant impact on our Middle School girls as well as our parents. Our girls learned how to communicate more effectively with each other and learned that what they are going through during adolescence is normal. They were given tools that have served them well throughout middle school and beyond. I would highly recommend bringing Dr. Jordan's programs to your school to work with the students and parents alike."

Laura McDonald, Head of Thomas Jefferson Day School

Created and facilitated by Dr. Tim and Anne Jordan.

Dr. Tim Jordan's Philosophy:

After over 30 years of working with girls, Dr. Jordan believes that girls need a safe place where they can be themselves, use their voice to create what they want, and learn healthy ways to express all of their feelings. Self acceptance, becoming highly emotionally and socially intelligent, and living in integrity are the cornerstones of powerful, effective leaders. When girls can effectively handle their conflicts with other girls, set good boundaries, and love and trust themselves; that is when their self esteem can soar!

Strong Girls, Strong School – Grade School Girls Program

This program will give girls the safe space they need to learn about creating healthy friendships, resolve conflicts effectively, express their emotions in healthy ways, and to create the trusting, respectful environment they need and want.

"Tim and Anne have given my 8th grade girls the tools to be positive role models. I have loved watching each of these young ladies gain confidence and understanding of how their actions and reactions can affect others."

Lisa Stoecker, Middle School
Guidance Counselor

Strong Girls, Strong Leaders – Middle School Girls

This Leadership program will allow girls to work on their social and emotional intelligences, and to develop their inner resumes and leadership skills. They will learn about relationship aggressions, how to handle conflicts directly and to effectively express all their emotions in healthy ways. The girls will then be trained to teach these skills to younger girls and to mediate conflicts with girls of all ages.



www.stronggirlsstrongworld.com

636.530.1883

"Dr. Jordan brings fun and honesty to the kids, creating a safe place for them to navigate the complex emotions and the contradictory pulls of growing up. He validates what they and their parents feel, but then pushes them further with balance and compassion."

Kara Douglass, Headmaster of Fulton School at St. Albans





High School Programs for Girls

"We realized our potential, narrowed our focus, defined our goals. Tim and Anne created an atmosphere that made our intentions crystal clear. We made it to the State Finals that year!"

Louise Wibbenmeyer,
Volleyball Coach at Cor Jesu Academy

Strong School, Strong Leaders:

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Girl Sport Teams

There are several issues that can hold girls back in athletics: fear of failure and making mistakes; taking feedback from coaches and peers too personally; bringing school conflicts onto the playing field. Girls may play it safe or use the sports arena to settle scores started in school, thus creating the same distrustful atmosphere that exists in school. This program will allow girls to address their issues and proactively create the team they want.

"They are able to establish a safe, caring environment where girls feel comfortable sharing their feelings and experiences. Tim and Anne focus on developing strong, solid leadership skills that girls can use when faced with future challenges."

Marcy Dunlap,
Guidance Counselor

Girls in Student Council

This Leadership program will give girls the skills and confidence they need to step up into leadership roles. When girls have fear of being judged by other girls it can make it hard to voice their opinions, stand out, disagree, own their gifts and say what they think. They will learn to stretch themselves and to develop the courage and skills to bust out and become strong leaders.

Clubs and Extracurricular Activities for Girls

Clubs can be a great way for girls to connect with kindred souls who share their same interest and passions, or it can provide a more intense setting for relationship aggressions which can get in the way of girls stepping up to lead and participate fully. This program will guide girls in addressing these issues and in creating the trusting, respectful environment they need and want in order to have fun and actively engage in these activities.

Girl Peer Helpers

Girls will have the opportunity to learn and then to practice leadership skills by working with small groups of freshman girls to teach them what they've learned about relationship aggressions and handling conflicts directly, and share their stories about what they've learned from their friendship experiences. They can also serve as peer-helpers to mediate conflicts between girls at all grade levels and model healthy relationship skills.



Ask about our: Two Day, Overnight Retreats for Girls

*Tim Jordan has taught me how to love myself for who I am and allow me to see life in a healthier way. Savannah, 10th grade
I know myself a lot better and I am closer to my friends. I wish I had learned this stuff when I was younger. Katie, 8th grade*