

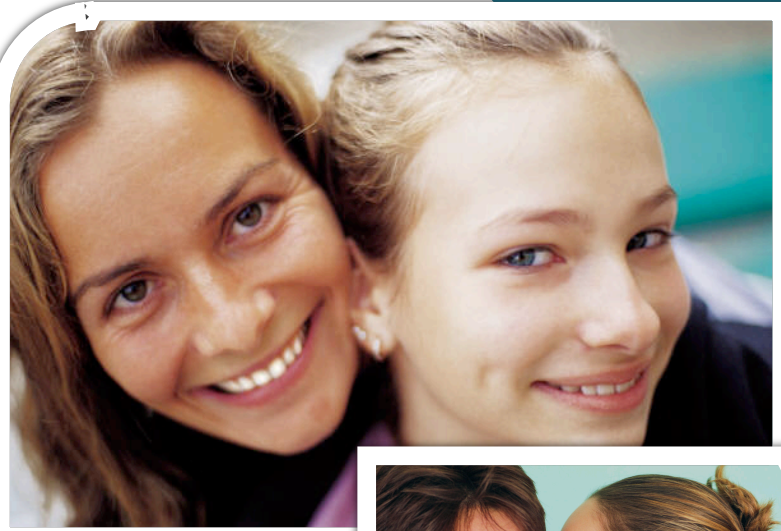
# Raising Empowered Gals:

## A Workshop For Parents

Raising teen girls today is tougher than ever. Join teen girl expert and author Kate Whitfield for an evening of tips, advice, stories and more to raise strong, bold, independent girls ready to take on the world. Topics Covered:

- ❖ **The Mom/Dad & Daughter dynamic**
- ❖ **Communication skills – talking so your teen will listen**
- ❖ **Understanding what your teen really wants/needs**
- ❖ **Finding the right balance between parent/friend**
- ❖ **Boosting self-esteem & body image: For you and her**
- ❖ **Tips, strategies and exercises to strengthen the parent/daughter bond & more**

*“I really appreciated how you helped me “bridge the gap” between me and my 14 year old daughter. It was great hearing your unique perspective on teens and giving us parents insight into what they are really going through. Thank you very much.” – Janice, Vancouver BC*



Gen Y's "Go to Gal" **Kate Whitfield** is a 23 year old on a mission to empower girls, young women and their mom's to take action and totally transform their body image, self esteem and the vision for their lives. She is the founder of Empowered Gal Inc and the author of the teen girl handbook *The Empowered Gal's 9 Life Lessons*. Kate is a dynamic, motivational & highly requested speaker, entrepreneur, a positive role model, columnist, media expert and monthly contributor to Breakfast Television on issues affecting teens & young women.

