



## #IAMPURPOSEFULLYPRETTY WORKSHOP SERIES

The #IAMPURPOSEFULLYPRETTY workshop series is a 7-week series seeking to help middle and high school aged young women identify their purpose. The PurposefullyPretty Inc. organization strongly believes that every person is born with a God-given purpose. It is our mission to help young women identify exactly what that purpose is, help them acquire the confidence and character needed to pursue that purpose and provide the tools and resources necessary to accomplish their dreams. During this 7 week workshop series, the Founder of PurposefullyPretty Inc. conducts workshops and discussions that touch many of the matters that young women are faced with today. Some of these topics include identity, peer pressure, the media, self-love, mental health and relationships and the impact they have on our lives. At the conclusion of the workshop series, young women would have identified their purpose, and have the courage needed to go confidently into the direction of their dreams. They will also have the opportunity to become a registered member of PurposefullyPretty Inc., where they can gain a mentor that will help them as they transition from young women to successful and purposeful adults.

### #IAMPURPOSEFULLYPRETTY WORKSHOP SERIES CURRICULUM

#### **WEEK 1:** Introduction to the Workshop Series and PurposefullyPretty Inc./ Identifying my Passion

##### Day 1: What is My Passion?

Young women will be made aware of what the workshop series is, the goals of the series and what is required of them. They will also gain insight on the mission and vision of PurposefullyPretty Inc. Young women will have an open discussion based on their dreams and aspirations. Young women will be asked to participate in a workshop that will help them explore what their dreams and passions are and where they see themselves in the next 10 years. Young women will be to verbalize where they see themselves in the next 10 years and what their passions are. This will not only help young women write their visions, but also speak their vision into existence.

##### Day 2: Write the Vision, Make it Plain

Young women will begin a 'Passion Portfolio'. In this portfolio, young women will be first asked to create three lists; one list describing everything that they are good at, everything that they enjoy doing and everything that gives them a sense of purpose. From here young women will be asked to look for a common theme amongst these three lists. Young women will then be introduced to the '*flow state*' theory. A flow state is an activity that has your mind so engaged that you lack the mental capacity to notice other things. Young women will be asked to think back to their childhood and recall the activity that puts them in their flow state. Young women will then be asked to identify their four aims in life. These four aim include 1) physical health and pleasure, (2) wealth and things and family, (3) becoming a perfect person, and (4) finding your greater purpose. Young women will be asked to think of and write down three potential passions for each of these aims. Young women will be asked to seek out and record all of their fears. Lastly, young women will be asked to write a description of their ideal self.

#### **WEEK 2:** Self- Love



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### Day 1: I LOVE Myself

Young women will begin this week with a discussion go what self-love is. Young women will then participate in a workshop that will allow them to identify the things that they do not like about themselves. They will be asked to write four things down on small pieces of paper that they do not like about themselves. Young women will be asked to write 6 things down that they love about themselves. Young women will be asked to identify what they dislike about themselves first followed by all of the things that they love about themselves. Young women will be asked to throw all of the things that they dislike about themselves into a paper bag which will symbolize a trash can. Young women will be asked to stomp on their insecurities in the paper back. The young women will then be asked to come up with positive affirmations based on self love that they will be expected to repeat each time they are faced with insecurities.

### Day 2: Beauty is Only Skin Deep

Young women will participate in a discussion that will explore the standard of beauty in todays society. Young women will then be asked to participate in a body-image board activity. On this board they will be asked to pick out images from magazines that reflect \*their\* definition of beauty

## **WEEK 3: Overcoming Stereotypes**

### Day 1: Pretty4ABlackGirl

Young women will have a discussion based on the stigmas and stereotypes that they are faced with as women of color. Young women will be asked to work in groups, and participate in one of 7 workshops that will explore issues that young women of color deal with. Some of these workshops will include, “The Black Girl Attitude”, “Pick A Team” “Good Girl Conflicted”, “Don’t Touch My Hair” and the “MAC Ad”.

### Day 2: #Pretty4ABlackGirl 2

Young women will watch the #Pretty4ABlackGirl trailer and create their own trailers, where they express the stereotypes that they experienced as women of color, and what makes them more than just “pretty for a black girl”.

## **WEEK 4: Social Media**

### Day 1: Understanding the Media

Young women will have an open discussion on the part that social media plays in their lives. They will be asked questions such as how much time they spend on social media, what role does social media play in their lives, the impact that the media has on them and a variety of other questions. Young women will then be asked to brainstorm ways to use social media to promote positivity. Social media guru, Jess Morales-Rocketto, will be present at this workshop to help young women understand the science behind social media, and how to make it work for them.

### Day 2: Thumb Thugs

Cyberbullying is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet,



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interactive and digital technologies or mobile phones. 42% of teenagers with tech access report being cyberbullied over the past year. 20% of kids that are cyberbullied think about suicide. 1 in 10 attempt suicide. 4500 kids commit suicide each year. Young women will begin this workshop with an open discussion about cyber-bullying. They will then learn the statistics of cyberbullying. Young women will then be broken into groups and asked the following questions.

- a. If you are comfortable, please share a cyberbullying experience that you may have dealt with.
- b. Please provide us with some strategies for preventing/ dealing with cyberbullying.
- c. What would you say to a close friend that was a cyberbully, to stop them from bullying.
- d. What would you say to encourage a friend that was experiencing cyberbullying

### **WEEK 5: Recognizing Relationships**

#### Day 1: Recognizing the Relationships of my Now

Young women will have an open discussion on their different their relationships and how they impact their day-to-day lives and pursuits. Young women will be able to participate in a short activity, that will allow them to put their relationships in perspective. This activity will also give them an opportunity to open up about their various relationships and how they effect them.

#### Day 2: Recognizing the Relationships of my Future

Young women will have an open discussion on the relationships that they will encounter in pursuing their purpose, and how to approach them. We will explore how to establish healthy relationship with peers, coworkers, supervisors, teachers and other school officials, police officers and people of higher authority. Young women will learn the importance of these relationship and how to make these relationships benefit them throughout their pursuit.

### **WEEK 6: Exploring Mental Health**

#### Day 1: What is Healthy Mental Health?

Young women will have the opportunity to discuss the importance of having healthy mental health. Young women will learn exactly what mental disorders are and how they are health with. They will also have the opportunity to speak with a clinical social worker and/or mental health counselor about various mental health issues that effect our youth today.

#### Day 2: Coping

Young women will learn how to “cope” or deal with the mental health issues that they may experienced. They will learn techniques and activities that will help them overcome mental health issues faced by teenagers and adolescents.

### **WEEK 7: Dream, Plan, Pursue**



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### Day 1: Dream, Plan, Pursue

Young women will learn the PurposefullyPretty mantra 'dream, plan, pursue'. Young women will be asked to refer back to the dreams that they recorded during the first week of the workshop series, and create a plan that they intend to take in order to make this dream a reality. This will give young women direction as they pursue their goals.

### Day 2: The End

Young women will be able to reflect on the workshop series and express how it impacted them. They will also be able to share their dream, their plan and commit to pursuing their dream. Young women will be recognized with a certificate of completion, and will have the opportunity to register to become a registered member of PurposefullyPretty Inc., who would be happy to support them as they pursue their purpose.