



DISCOVER YOURSELF, EMBRACE YOUR FUTURE

## **The Gals Lead Teen Program Curriculum**

### **PILLAR ONE: Know Yourself - Discovering Your Zone of Genius**

In this section, students learn to:

- Identify their unique talents and strengths using the Gallop Strengths Finder assessment.
- Gain insight into their unique personality using a fun personality quiz.
- Explore areas of personal passion and meaning during a reflective thinking exercise.
- Identify their core values and core desired feelings which assist in enjoying a lifetime of success.
- Understand the role skill development has in creating an abundant life.
- Gain insights from a highly respected female panel of professional women, community leaders, and business owners.

### **PILLAR TWO: Dream Big - Creating a Big Vision for your Future**

In this section, students:

- Observe the impact of how a powerful vision creates positive change in the world.
- Create their own unique vision board for their future and share with their classmates.
- Understand the importance of developing an attitude of gratitude, a positive mindset, and the truth about heart's desires.

### **PILLAR THREE: Overcome Obstacles - Clearing Clutter that Prevents Success**

In this section, students:

- Recognize the role obstacles play in creating opportunities.
- Acknowledge areas of limitation, clutter, and chaos that come from mindset, beliefs, circumstances, and environment that prevent girls and women of all ages from reaching their potential.
- Are provided with an opportunity to transform their personal turbulence into lessons learned and triumphant experiences through a sharing and writing exercise.
- Decipher the voice of fear from the voice of love and learn to trust their heart and soul.

### **PILLAR FOUR: Take Action - Redefining Success as a Young Woman in the World Today**

In this section, students:

- Understand the role of giving back to the community and making a difference by volunteering through a panel of local non-profit organizations.
- Distinguish the 5 various roles that people play in life and how to set personal boundaries so they can maintain balance with others and control over negative influences.
- Learn a 4-pronged communication technique to make real lasting impressions with adults, teachers, colleagues, bosses, or friends.
- Glean insight about how their discoveries translate into selecting classes, degrees, colleges, and work they ultimately love.
- Set a goal they would like to achieve and create an action plan towards it's realization.

Every student gets a certificate of completion for her resume and access to the Dream Queen Foundation's scholarship fund.