



## Leadership Institute Training

### Consider an Internship With Smart-Girl!

Become a Role Model

Make a Difference

Earn College Credit

Smart-Girl is a Colorado non-profit organization that empowers middle school girls to make smart choices and become confident, capable and self-reliant young women.

If you would like to make a difference in the lives of girls in your community, this program is for you! We are looking for confident, passionate young women to facilitate groups as Guides (16yrs+) and Coaches (21yrs+).

Attend the Smart-Girl Leadership Institute Training to get involved! Training courses will introduce you to the Smart-Girl curriculum, program, and methods. You'll gain valuable communication, facilitation, leadership, and program management skills. Note: Must attend all 3 days of training

#### TRAINING DATES:

**January 27<sup>th</sup>-29<sup>th</sup>**

27<sup>th</sup> 4pm-8pm, 28<sup>th</sup>-29<sup>th</sup> 8am-5pm

**Cheyenne Mountain High School**

**1200 Cresta Road, Colorado Springs, 80906**

**February 17<sup>th</sup>-19<sup>th</sup>**

17<sup>th</sup> 4pm-8pm, 18<sup>th</sup>-19<sup>th</sup> 8am-5pm

**Denver, CO**

Earn up to 5 undergraduate or graduate credits  
22 Continuing education units also available through the  
Smart-Girl Leadership Training and Facilitation Courses

For certification only, no tuition/college credit; \$250 adult, \$125 Student. To register for one of our upcoming trainings go to [www.smart-girl.org](http://www.smart-girl.org). For questions contact Maria A. Barajas, Smart-Girl Director of Programs via email at [mbarajas@smart-girl.org](mailto:mbarajas@smart-girl.org) or by phone at 303-815-1921

6825 E. Tennessee Avenue . Suite 637 . Denver, CO 80224  
303-815-1921 . [www.smart-girl.org](http://www.smart-girl.org)



### What is Smart-Girl?

Smart-Girl is a prevention and enrichment program designed to give all girls the skills, tools, and confidence they need to navigate the tumultuous years of adolescence and beyond. Armed with a research-based curriculum and using best-practices, Smart-Girl's program is delivered via highly trained peer-mentors (Guides) to provide girls with the problem-solving skills, strength of character and support system necessary for an emotionally and socially healthy life. **With Smart-Girl, the message is clear—  
“A Smart-Girl Makes Smart Choices.”**

### Who is the Program Offered To?

Smart-Girl is open primarily to middle school girls from all economic and cultural backgrounds. The program addresses the challenges shared by all adolescent girls, from the inner city to the suburbs and rural communities.

### Why Was Smart-Girl Created?

Even the most prepared middle school girls face challenging decisions. Many of these choices will have a significant impact on their future. At a time when middle school girls are rejecting the advice of parents and teachers, college and high school young women serve as excellent role models. Smart-Girl teams up small groups of adolescent girls with highly trained Guides to help girls develop the critical thinking skills that lead to emotional intelligence.

### What Does the Program Entail?

Based on proven methods of prevention and experiential learning, our unique curriculum is developmentally appropriate and fun. Sessions topics include critical thinking, mood management, refusal skills, girl aggression, bullies, leadership, body image etc. Activities are designed to reinforce and practice each topic through games, journal writing, role playing, expression through art and other FUN activities

### How Can I Get Involved?

We're looking for confident, organized, self motivated young women with an interest in leadership, community interaction, counseling, social work, education, or other related areas, to facilitate Smart-Girl programs. Guides and Coaches must be at least 16yrs of age. Positions require 2-6 hours per week including on site group facilitation. If you would like to make a difference in the lives of girls in your community, this program is for you! Attend the Smart-Girl Leadership Institute Training to get involved!

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